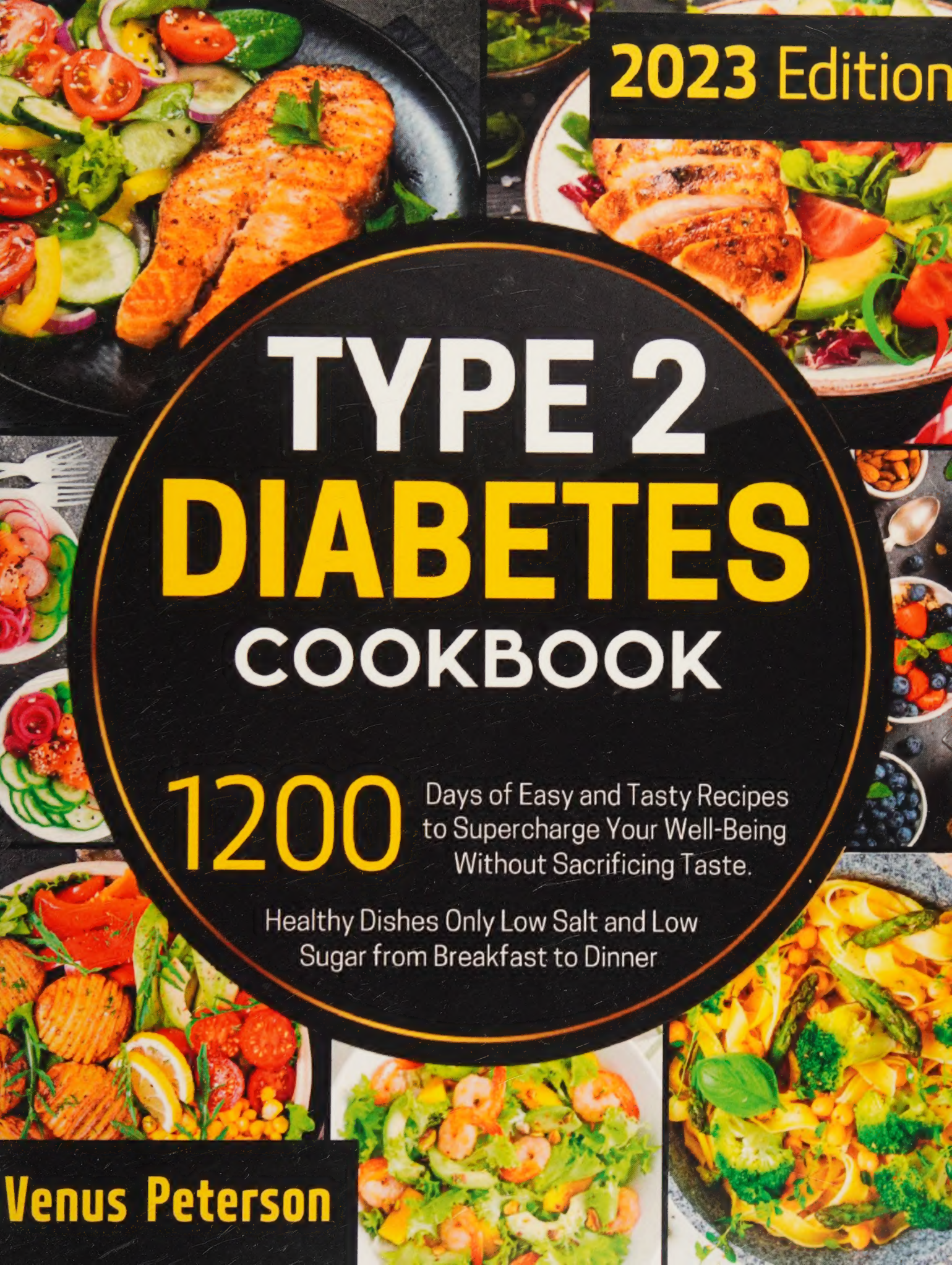
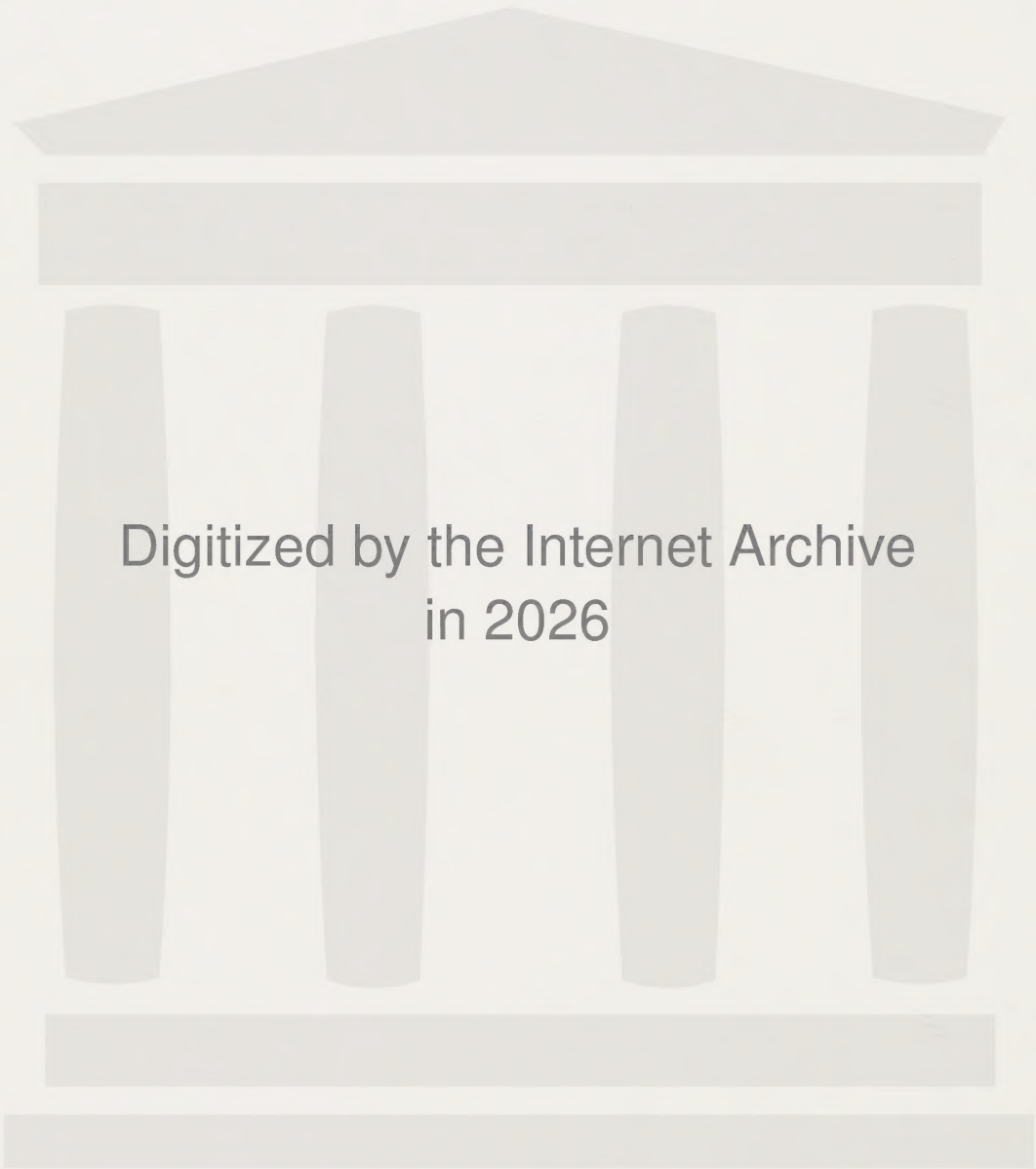

2023 Edition
TYPE 2
DIABETES
COOKBOOK
1200 Days of Easy and Tasty Recipes to Supercharge Your Well-Being Without Sacrificing Taste.
Healthy Dishes Only Low Salt and Low Sugar from Breakfast to Dinner
Venus Peterson


Digitized by the Internet Archive
in 2026

https://archive.org/details/isbn_9798360151586

TYPE 2 DIABETES COOKBOOK

1200 Days of Easy and Tasty Recipes to Supercharge Your Well-Being Without Sacrificing Taste | Healthy Dishes Only Low Salt and Low Sugar from Breakfast to Dinner

Venus Peterson

Table of Contents

What Is Diabetes? 11

How to Manage Diabetes? 12

What Foods Should Be in a Diabetic Diet Plan? 12

Type 1 and Type 2 Diabetes 13

Type 1 Diabetes 13

Type 2 Diabetes 14

How to Prevent Diabetes 15

Foods to Eat 17

Vegetables 17

Fruits 17

Nuts and Seeds 17

Meat, Fish and Seafood 18

Cereals 18

Fats 18

Dairy Products 18

Sugar Alternatives 19

Foods to Avoid 20

- Sugars 20
- High-Fat Dairy Products 20
- Saturated Animal Fats 20
- High-Carb Vegetables 20
- Sugary Drinks 20
- Sweet Chocolate and Candies 20
- Cholesterol Rich Ingredients 20
- High-Sodium Products 20
- Alcohol 21

Breakfast 22

1. Granola with Fruits 22
2. Mixed Berry Dutch Pancake 22
3. Zucchini Noodles and Creamy Avocado Pesto 23
4. Omelet With Onions and Tomatoes 23

5. Eel on Eggs and Bread 23
6. Yogurt With Granola and Persimmon 24
7. Eggs With Bacon 24
8. Blueberry Spelt Pancakes 24
9. Quinoa Porridge 24
10. Apple Cheddar Muffins 25
11. Apple Cinnamon Scones 25
12. Apple Topped French Toast 25
13. Egg Muffins and Turkey Bacon 25
14. Blueberry Cinnamon Muffins 26
15. Blueberry Stuffed French Toast 26
16. Cauliflower Hash 26
17. Coconut Porridge 27
18. Cranberry Cake 27
19. Cucumber with Yogurt 27
20. Almond and Berry Smoothie 27
21. Breakfast Diabetic Pancakes 28
22. Berry-Oat Breakfast Bars 28
23. Whole-Grain Pancakes 28
24. Macadamia Chocolate Smoothie 29
25. Peach Muesli Bake 29
26. Whole-Grain Baby Pancake 29
27. Spinach and Cheese Quiche 29
28. Cinnamon Overnight Oats 30
29. Nut Porridge 30
30. Parsley Soufflé 30
31. Ham and Cheese English Muffin Melt 30
32. Caprese Quiche 31
33. Cheesy Veg Omelet Topped with Avocado 31
34. Chocolate Pudding 32
35. Strawberry Cream Pie 32
36. Brown Rice Pilaf 33
37. Creamy Fruit Dessert 33

Snacks and Appetizers 34
38. Bacon and Chicken Garlic Wrap 34
39. Mushroom and Black Bean Burrito 34
40. Cucumber Rolls 35
41. Antipasto Skewers 35
42. Baked Beef Wonton 35
43. Hummus and Tomatoes Cucumber Bites 36
44. Cheese Casserole 36
45. Baked Rosemary Artichokes 36
46. Garlic Asparagus 36
47. Roasted Butternut Squash and Brussels Sprouts 37
48. Stuffed Tomatoes 37
49. Avocado Spread 37
50. Tuna Salad 37
51. Leeks and Eggs Muffins 38
52. Artichoke Frittata 38
53. Chili Oregano Baked Cheese 38
54. Shrimp with Paprika and Coriander 38
55. Garlic-Sesame Pumpkin Seeds 39
56. Marinated Shrimp 39
57. Oatmeal Butterscotch Cookies 39
58. Risotto Bites 40
59. Garden Salad Wraps 40
60. Tamari Toasted Almonds 40
61. Garlic and Cheese Potatoes 40
62. Peppers and Hummus 41
63. Cinnamon Spiced Popcorn 41
64. Peanut Butter Banana Ice Cream 41
65. Apple Oat Muffins 41
66. Pumpkin Spice Snack Balls 42
67. Cinnamon Toasted Almonds 42
68. Whole-Wheat Pumpkin Muffins 42
69. Caramel Popcorn 43
70. Cheese Berry Fat Bomb 43

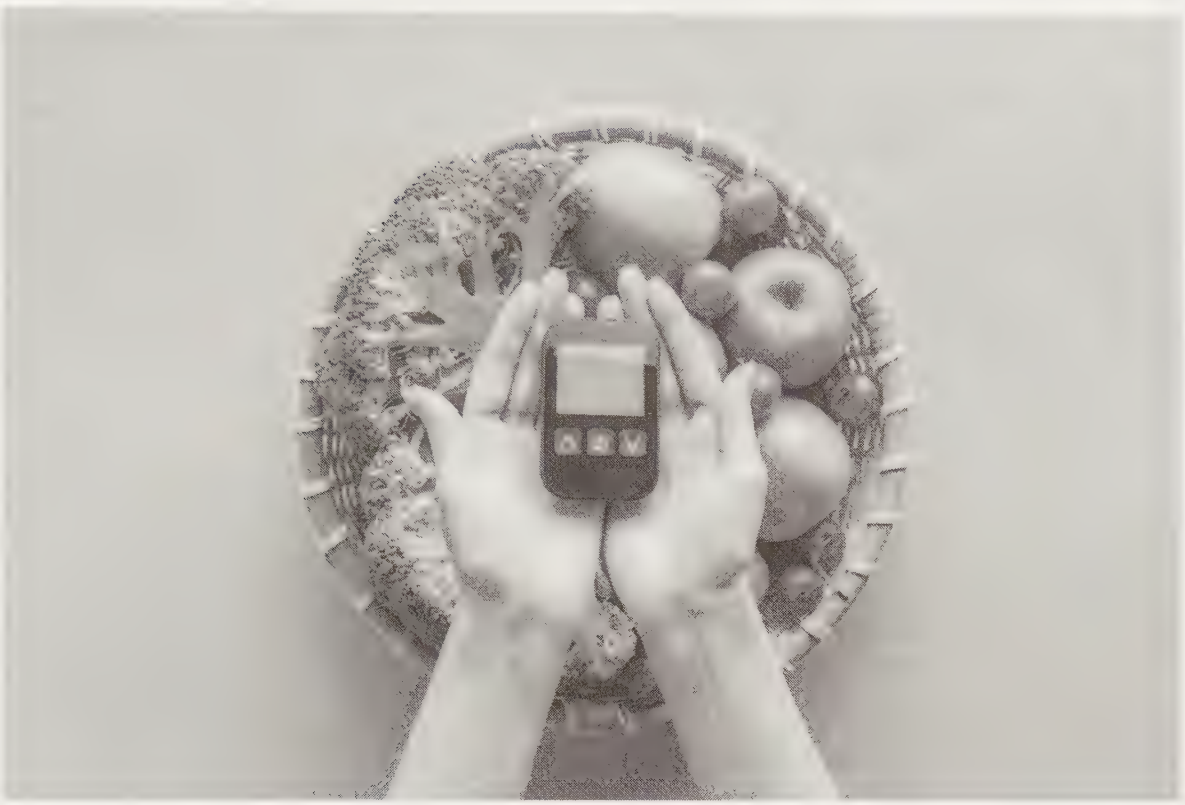
71. Pumpkin and Banana Ice Cream 43
72. Parmesan Crisps 43
73. Caprese Skewers 44
74. Guacamole Turkey Burgers 44
75. Mashed Cauliflower 44
76. Lettuce Turkey Wrap 44
77. Bruschetta 45
78. Cauliflower Potato Mash 45
79. Almond Flour Crackers 45
80. Banana Nut Cookies 45
81. Buffalo Bites 46
82. Cauliflower Hummus 46
83. Cheesy Onion Dip 46
84. Chewy Granola Bars 47
85. Cinnamon Apple Chips 47
Poultry 48
86. Chicken Salad for Diabetics 48
87. Turkey-Broccoli Casserole 49
88. Chicken Tenders and Vegetables 49
89. Turkish Marinated Chicken 49
90. Orange Chicken 50
91. Sausage Strata 50
92. Herbed Roasted Chicken Breasts 50
93. Chicken and Veggie Kabobs 51
94. Grilled Chicken Breasts 51
95. Grilled Lime Chicken 51
96. Baked Coconut Chicken Tenders 52
97. Citrus Chicken Thighs 52
98. Herbed Chicken and Artichoke Hearts 52
99. Roasted Vegetable and Chicken Tortillas 53
100. Pumpkin, Bean, and Chicken Enchiladas 53
101. Chicken Sausage Omelets With Spinach 53
102. Turkey Kabob Pitas 54
103. Chipotle Lettuce Chicken 54

104. Balsamic and Garlic Chicken Thighs 54
105. Creamy Garlic Chicken 55
106. Bone Broth 55
107. Chicken Wings Chinese Style 55
108. Turkey Meatballs 56
109. Balsamic Roast Chicken 56
110. One-Pan Tex Mex 56
111. Margarita Chicken Dip 57
112. Shredded Turkey 57
Red Meat 58
113. Lamb Chops with Veggies 58
114. Lamb Kebabs with Verdant Sauce 59
115. Spaghetti Pie 59
116. Lamb Provençal 59
117. Greek Burger Pies 60
118. Beef and Red Wine Casserole 60
119. Beef Stew for Diabetics 61
120. Cheesy Beef Taco Skillet 61
121. Asian Beef Stir-Fry 61
122. Beef and Spaghetti Squash Casserole 62
123. Cheesy Beef and Broccoli 62
124. Filet Mignon with Herb Garlic Butter 62
125. Pizzaiola Beef 63
126. Beef Roast with Green Peppercorn Sauce 63
127. Steak and Broccoli Bowls 64
Vegetables and Salads 65
128. Spinach Scramble 65
129. Vegetable Chili 65
130. Sweet Potato, Carrot and Asparagus Salad 66
131. Cantaloupe and Prosciutto Salad 66
132. Chicken Guacamole Salad 66
133. Broccoli and Cauliflower Salad 67
134. Apple and Cranberry Salad 67
135. Mustard Cauliflower Salad 67

136. Alfredo Broccoli Miracle Noodles 67
137. Crispy Russet Potatoes 68
138. Spinach Cheese Stuffed Mushrooms 68
139. Cheesy Cauliflower Steaks 69
140. Braised Fennel 69
141. Baked Eggplant Parmesan 69
142. Mushroom Rice with Hazelnut 70
143. Texas Caviar 70
Pork Recipes 71
144. Pork Chop Casserole 71
145. Baked Boneless Pork Chops in Tomato Sauce 72
146. Pork With Cranberry Relish 72
147. Blackberry Pulled Pork Shoulder 72
148. Sweet-Sour Pork 73
149. Pulled Pork 73
150. Buttery Pot Roast 73
151. Pork Carnitas 74
152. Zoodles Carbonara 74
153. Pork Diane 74
Fish and Seafood 75
154. Tilapia and Herb Sauce 75
155. Seafood Stew 75
156. Herbed Roasted Cod 76
157. Fish Soup 76
158. Shrimp Ceviche 76
159. Broiled Teriyaki Salmon 77
160. Seafood and Tomato Stew 77
161. Crab Frittata 77
162. Grilled Tuna Steaks 78
Soups 79
163. Roasted Tomato and Bell Pepper Soup 79
164. Cabbage Mixed Mushroom Soup 80
165. Mixed Green Soup 80
166. Mushroom Mixed Bean Stock 80

167. Quinoa and Meatball Pottage 80
168. Spicy Pork Bone Goulash 81
Lunch and Dinner 82
169. Cauliflower Pizza Crust 82
170. Fried Rice 83
171. Homemade Pasta 83
172. Kidney Bean Stew 83
173. Spicy Lemony Broccoli 83
174. Garlic Veggie Broth Onion Bowl 84
175. Citrusy Butter Yams 84
176. Parmesan Bean and Veggie Cups 84
177. Coconut Quinoa 85
178. 3-Bean Chili 85
179. Mushrooms with Tofu 85
180. Lemon Sprouts 86
181. Buttery Garlic Shrimp 86
182. Paprika Butter Shrimp 86
183. Garlic Chicken Balls 86
184. Avocado Veggie Wrap 87
185. Meatballs Curry 87
186. Turkey with Lentils 87
187. Beef with Broccoli 88
188. Lamb Stew 88
189. Carrot-Leek Bisque 89
Measurement Conversion Table 90
Index 91

What Is Diabetes?



Diabetes mellitus can be a condition in which a person's blood glucose levels are high. There are two types of diabetes: type 1 diabetes and type 2 diabetes.

Type 1 diabetes is often referred to as juvenile diabetes. It usually arises suddenly in children, adolescents, and young adults and is not related to being overweight. It is often, though not always, diagnosed when a person has an elevated blood glucose level. This type of diabetes cannot be prevented, and treatment requires insulin injections.

Type 2 diabetes generally starts slowly and develops over time. In the past, it was called adult-onset diabetes.

Diabetes is known to affect many people around the world. According to one study, about 28.1 million adults and nearly 586,000 children had diabetes in 2015. This is 2.8 percent of the U.S. population. The CDC also states that another 86.4 million adults and 8.6 million children, or about 10.6 percent of the U.S. population, have prediabetes.

How to Manage Diabetes?

It is very important that people with diabetes have a doctor who can advise them on how to take care of their condition. People with diabetes can control their blood glucose levels by taking medications, being careful about what they eat, and exercising. When a person is diagnosed with diabetes, particularly type 2 diabetes, they are immediately advised to:

- Start a healthy diet and get plenty of exercises.

- Know one's target blood glucose levels and keep them within limits.

- Undergo regular checks of blood glucose levels.

It is important that diabetics eat a healthy diet and pay special attention to it. Unhealthy foods are those high in fat and carbohydrates. Trans fats, cholesterol, and saturated fats can promote insulin resistance by raising blood glucose levels.

What Foods Should Be in a Diabetic Diet Plan?

As people with diabetes, the diet plan needs to be correctly supplemented with the right types and amounts of foods and some activities that can help you be healthy. We are advised to consume several foods, such as green vegetables, fruit juices, whole grains, lean meats, and fruits.

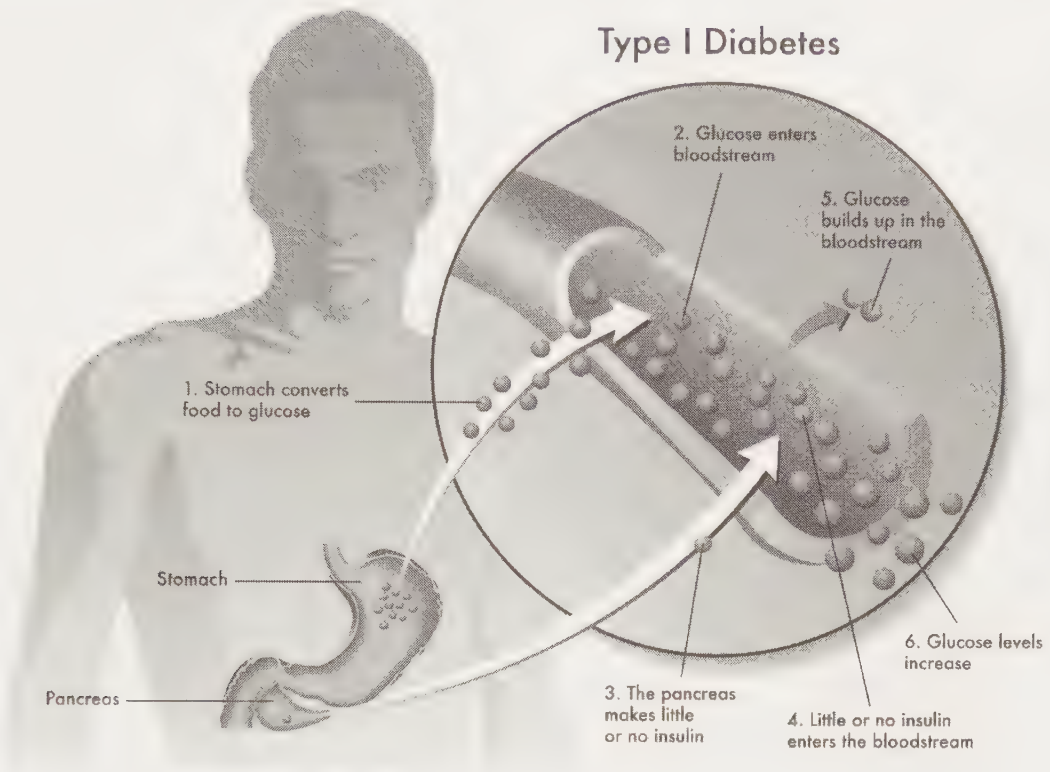
People with diabetes usually take insulin to control blood glucose levels, so it is important to understand how insulin interacts with foods. This interaction between some foods (carbohydrates) and insulin can make it more difficult for the body to control blood glucose levels.

Lifestyle change. It can be difficult to adapt to this change, but it is the only way to meet the dietary requirements you hope to maintain for the rest of your life.

By beginning this journey in diabetic meal preparation, I will help you follow a healthier lifestyle without too many restrictions.

Type 1 and Type 2 Diabetes

Type 1 Diabetes


Type I Diabetes
2. Glucose enters bloodstream
5. Glucose builds up in the bloodstream
1. Stomach converts food to glucose
Stomach
Pancreas
6. Glucose levels increase
3. The pancreas makes little or no insulin
4. Little or no insulin enters the bloodstream

Type 1 diabetes, also known as insulin-dependent diabetes, commonly develops in teenagers, youth, and young adults but can occur at any age. Type 1 is less common than type 2, as the percentage of individuals with type 1 diabetes is between 5 and 10 percent.

Type 1 diabetes is caused by an unfavorable reaction of the body. Due to a malfunction, the body attacks itself, preventing it from producing insulin: the pancreas is unable to produce insulin or contains little of it. This is a hormone that helps the body's cells get sugar into the bloodstream, where it can be used to produce energy. Without insulin, blood sugar cannot pass into the cells and accumulates in the bloodstream.

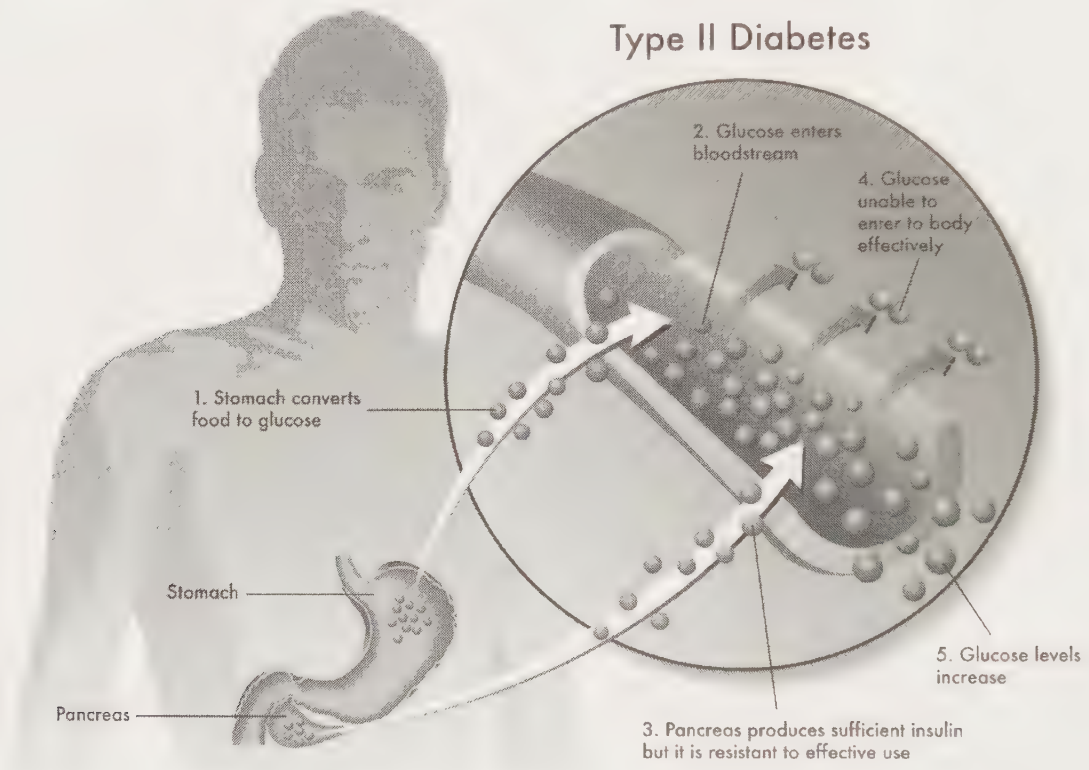
People with type 1 diabetes will need to take insulin injections for the rest of their lives because their body produces antibodies that destroy the beta-cells which produce the hormone.

Type 1 diabetes is hard to cure. However, it is possible to restore pancreatic functions by adhering to a healthy diet. Products with a high glycemic index such as soda, juice, and sweets, should be excluded.

If you have type 1 diabetes, you need to take insulin injections (or wear an insulin pump) every day to regulate your blood sugar levels and provide the nutrients your body needs. Your doctor should indicate the amount of blood sugar to be monitored and the glycemic goal to be achieved. Keeping blood sugar levels as close to the target as possible helps prevent complications of diabetes.

Healthy lifestyle habits are very important: regular exercise, adequate sleep, and making good food choices can improve the situation.

Type 2 Diabetes


Type II Diabetes
2. Glucose enters bloodstream
4. Glucose unable to enter to body effectively
1. Stomach converts food to glucose
Stomach
Pancreas
5. Glucose levels increase
3. Pancreas produces sufficient insulin but it is resistant to effective use

In type 2 diabetes, the body does not use insulin well and cannot control blood sugar at regular levels. Insulin is a hormone produced by the pancreas that is used to allow blood sugar to be used as energy in the body's cells. Generally, cells do not respond to insulin if you have type 2 diabetes; this phenomenon is called insulin resistance. To make the cells react, the pancreas releases more insulin. Eventually, the pancreas may not be able to keep up, and blood sugar rises, setting the stage for prediabetes and type 2 diabetes. High blood sugar is harmful to the body and can contribute to other serious health problems, including heart failure, vision loss, and kidney disease.

Symptoms of type 2 diabetes often develop over many years and may go undetected for a long time (sometimes there are no apparent symptoms). It is critical to recognize risk factors and visit your doctor to check your blood sugar if you have any of these factors because the signs can be difficult to notice.

You may be at risk for type 2 diabetes if:

- You have prediabetes
- You are overweight
- You have a parent, brother, or sister with type 2 diabetes
- You lead a sedentary life with little or no physical activity
- Are older than 45 years
- You have had gestational diabetes (during pregnancy)
- You have nonalcoholic fatty liver disease

More than 34 million Americans (about 1 in 10) have diabetes, and between 90 and 95 percent of them have type 2 diabetes. It develops over several years and is typically identified in adults over the age of 45 (but increasingly also in infants, adolescents, and young adults).

By improving lifestyle, eating healthy foods, and getting sufficient physical activity, type 2 diabetes can be avoided or postponed.

How to Prevent Diabetes

Diabetes is a serious condition that causes lifelong health complications. Diabetes affects nearly 78 million people in the United States alone and is a leading cause of blindness, kidney failure, and limb amputation. But there are many things you can do to avoid developing diabetes.

Listed below are some of the most important ways to prevent diabetes:

- Avoid trans fats, saturated fats, sugar, and junk food.
- Exercise regularly. The more active you are between meals, the better your blood sugar levels will be.
- Don't smoke or drink alcohol, as both contribute to higher blood sugar levels.
- Do not drink too much caffeine (tea, coffee, etc.). Caffeine blocks the body's ability to regulate fat and carbohydrate metabolism. Also, if consumed in excess, it disturbs sleep and can cause anxiety.

- Do not use any medicines unless strictly necessary, as they can affect blood sugar levels. Inform your doctor and pharmacist of any supplements you are taking.

- Get adequate sleep each night and try to avoid stress if possible.

- Avoid diuretics, water pills, and other medications that dehydrate the body.

If you suffer from any of the following symptoms, it is in your best interest to schedule a diabetes screening with your doctor as soon as possible: fatigue, rapid weight gain, tingling in hands or feet, frequent urination, blurred vision, excessive thirst, cuts or wounds that take a long time to heal, and unusual feelings of hunger or weakness.

Risk factors for type 2 diabetes mellitus include persistent high blood sugar, high blood pressure, overweight, and obesity.

Foods to Eat

Vegetables

Adding a meal rich in vegetables is the best solution for all diabetic patients.

The most recommended are:

- Spinach
- Cauliflower
- Broccoli
- Artichoke
- Tomatoes
- Asparagus
- Garlic
- Spring onions
- Onions
- Lemons
- Ginger

Because they are the ones that have a lower amount of carbohydrates.

Fruits

Some fruits contain a high amount of sugar in the form of sucrose and fructose and should be avoided.

The most recommended are:

- Apples
- Pears
- Berries
- Grapefruit
- Kiwi
- Bananas
- Cherries
- Grapes
- Orange
- Plums
- Peaches
- Nectarines
- Avocados

Nuts and Seeds

Nuts and seeds are highly recommended in a diabetic's diet because they are rich in macronutrients without fear of glucose spikes.

- Walnuts
- Peanuts
- Pecans
- Almonds
- Pistachios
- Sunflower seeds
- Pumpkin seeds
- Sesame seeds

Meat, Fish and Seafood

Prefer white meat such as poultry; fish and seafood. Red meat is not banned, but it is better to eat it in moderation.

The most recommended are:

- Chicken
- Turkey
- All fish (salmon, trout, cod, halibut, sardines, etc.)
- Scallops
- Shrimp
- Oysters
- Mussels

Cereals

Try to minimize the amount of starch, and prefer whole grains to refined grains, such as:

- Oats
- Quinoa
- Multigrain
- Whole grains
- Brown rice
- Millet
- Barley
- Sorghum
- Tapioca

Fats

Fat intake is the most debated topic regarding diet for diabetics. There are diets, such as ketogenic diet, that are high in fat, but these have been shown to be effective for diabetic patients. However, give preference to unsaturated fats.

The most recommended are:

- Olive oil
- Sesame oil
- Canola oil
- Grapeseed oil
- Other vegetable oils
- Fats extracted from plant sources

Dairy Products

Prefer low-fat dairy products such as:

- Skim milk
- Low-fat cheese
- Yogurt
- Margarine or butter without trans fats

Sugar Alternatives

Common sugars or sweeteners are strictly forbidden in a diabetic diet. But fortunately, there are artificial varieties that can add sweetness without increasing the carbohydrate level in the meal.

These substitutes are:

- Stevia
- Erythritol
- Xylitol
- Swerve
- Monk fruit
- Sucralose

Sugar substitutes can be a lifesaver for diabetics' recipes, as they bring no calories to the next meal and help to further lower blood glucose levels. Remember, however, that although sugar substitutes seem like a perfect solution, they still count as extra calories in the long run.

Stevia is the sweetest and should be used most carefully. Instead of 1 cup of sugar, 1 teaspoon of Stevia is sufficient; all other sweeteners are more or less similar to sugar in intensity of sweetness.

Foods to Avoid

- **Sugars**

Sugars contain polysaccharides that are easily converted into glucose after entering our bodies. Try to avoid table sugars as well as other products such as honey and molasses.

Within this book, you will find some recipes in which honey is included as an ingredient. But be sure to indulge in it only occasionally, in great moderation.

- White sugar
- Brown sugar
- Confectionary sugar
- Granulated sugar
- Honey
- Molasses

- **High-Fat Dairy Products**

- **Saturated Animal Fats**

When cooking meat, try to remove excess fat. Avoid all animal fats, including all cooking oils made from these saturated fats.

- **High-Carb Vegetables**

Try to avoid vegetables with more starch, such as potatoes, sweet potatoes, and yams.

- **Sugary Drinks**

- **Sweet Chocolate and Candies**

- **Cholesterol Rich Ingredients**

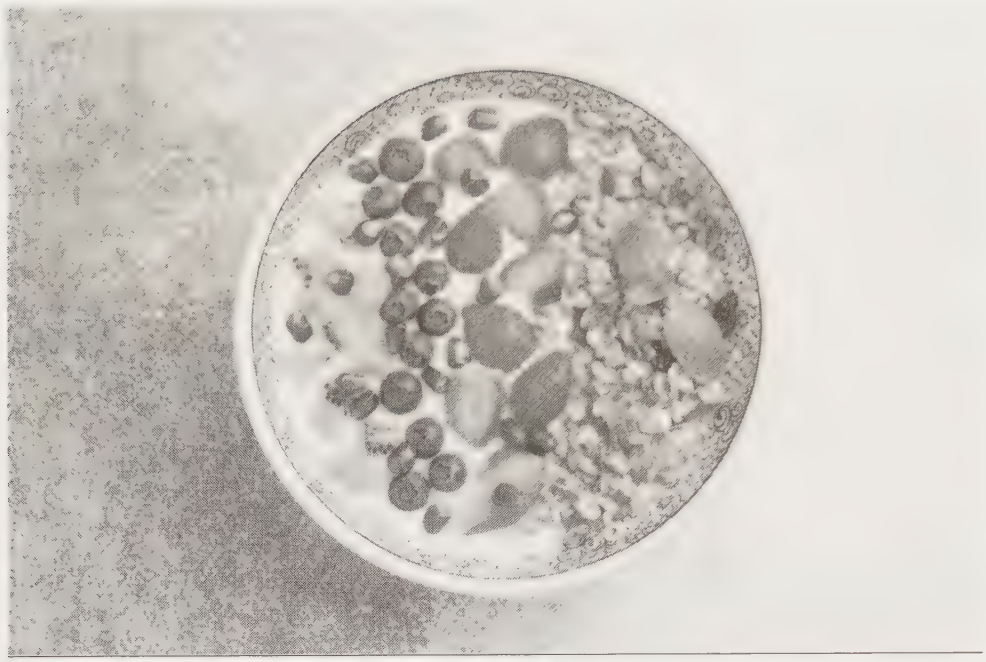
- **High-Sodium Products**

Avoid consuming foods with a high amount of sodium, especially packaged products, processed foods and salt. Use only "unsalted" food products, whether butter, margarine, nuts or other.

- **Alcohol**

Alcohol in a very small amount cannot harm the patient, but the regular or constant intake of alcohol is bad for health and glucose levels.

Breakfast



1.Granola with Fruits

Preparation Time: 15 minutes
Servings: 6

Cooking Time: 35 minutes

Ingredients:

- *3 cups quick cooking oats*
- *1 cup almonds, sliced*
- *½ cup wheat germ*
- *3 tablespoons butter*
- *1 teaspoon ground cinnamon*
- *1 cup honey*
- *3 cups whole grain cereal flakes*
- *½ cup raisins*
- *½ cup dried cranberries*
- *½ cup dates, pitted and chopped*

Directions: Prepare the oven to 325 degrees F.
Arrange the almonds and oats on a baking sheet. Bake for 15 minutes.
Mix butter, wheat germ, honey and cinnamon in a bowl. Add the almonds and oats. Mix well.
Spread on the baking sheet. Bake for 20 minutes.
Mix with the rest of the ingredients.
Let cool before serving.

Nutrition: Calories: 210.9, Fat: 7.1g, Carbs: 36.8g, Sugar: 2.1g, Protein: 5.3g

2.Mixed Berry Dutch Pancake

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 12-16 minutes

Ingredients:

- *2 egg whites*
- *1 egg*
- *½ cup whole-wheat pastry flour*
- *½ cup 2% milk*
- *1 teaspoon pure vanilla extract*
- *1 tablespoon unsalted butter, melted*
- *1 cup sliced fresh strawberries*
- *½ cup fresh blueberries*
- *½ cup fresh raspberries*

Directions: In a medium bowl, use an eggbeater or hand mixer to quickly mix the egg whites, egg, pastry flour, milk, and vanilla until well combined.

Grease the bottom of a baking pan with the melted butter, using a pastry brush. Pour in the batter and put the baking pan in the fryer. Bake at 330° F for 16 minutes, or until the pancake is puffed and golden brown. Take the pan off the air fryer; the pancake will fall. Top with the strawberries, blueberries, and raspberries.

Nutrition: Calories: 153.9, Fat: 5.1g, Protein: 5.9g, Carbs: 20.7g, Sugar: 5.7g

3.Zucchini Noodles and Creamy Avocado Pesto

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 4

Ingredients:

- *6 cup zucchini, spiralized*
- *1 tbsp. olive oil*
- *6 oz. avocado*
- *1 basil leaf*
- *3 garlic cloves*
- *1/3 oz. pine nuts*
- *2 tbsp. lemon juice*
- *1/2 tsp. salt*
- *1/4 tsp. black pepper*
- *1 tbsp. parmesan cheese*

Directions: Spiralize the zucchini and set them aside on paper towels.
Put lemon juice, basil leaves, avocados, pine nuts, garlic, salt, and pulse until chopped in a kitchen appliance.
Then put vegetable oil in a slow stream till emulsified and creamy.
Drizzle vegetable oil in a skillet and add zucchini noodles. Cooking for 2 minutes till tender.
Put zucchini noodles into a bowl and toss with avocado pesto. Season with cracked pepper and a little Parmesan and serve.

Nutrition Calories: 114.9, Protein: 30.2g, Fat: 0g, Carbs: 2.8g

4.Omelet With Onions and Tomatoes

Preparation Time: 5 minutes **Cooking Time: 20 minutes**
Servings: 2

Ingredients:

- *6 eggs*
- *2 tomatoes*
- *2 spring onions*
- *1 shallot*
- *2 tbsp. butter*
- *1 tbsp. olive oil*
- *1 pinch nutmeg*
- *Salt to taste*
- *Pepper to taste*

Directions: Whisk the eggs in a bowl. Mix and season with salt and pepper.
Peel the shallot and chop it up. Clean the onions and then, cut them into rings.
Wash the tomatoes and cut them into pieces.
Warm butter and oil in a pan and braise half the shallots in it. Add half the egg mixture. Let everything set over medium heat. Scatter a couple of tomatoes and onion rings on top.
Repeat with the last half of the egg mixture. At the top, spread the grated nutmeg over the entire thing.

Nutrition Calories: 262.8, Carbs: 7.9g, Protein: 21.3g, Fat: 22.4g

5.Eel on Eggs and Bread

Preparation Time: 5 minutes **Cooking Time: 10 minutes**
Servings: 2

Ingredients:

- *4 eggs*
- *1 shallot*
- *4 slices low-carb bread*
- *2 sticks dill*
- *200 g. smoked eel*
- *1 tbsp. oil*
- *White pepper and salt to taste*

Directions: Mix the eggs in a bowl and season with salt and pepper.
Peel the shallot and cut it into fine cubes. Chop the dill. Remove the skin from the eel and cut it into pieces.
Heat the oil in a pan and steam the shallot. Add the eggs and let them to set.
Reduce the warmth and add the dill. Stir everything. Spread the eggs over 4 slices of bread.
Put the eel pieces on top. Add some fresh dill and serve.

Nutrition: Calories: 829, Carbs: 7.8g, Protein: 43g, Fat: 61g

6.Yogurt With Granola and Persimmon

Preparation Time: 5 minutes
Cooking Time: 5 minutes
Servings: 1

Ingredients:

- *150 g. Greek-style yogurt*
- *20 g. nonfat oatmeal*
- *60 g. fresh persimmons*
- *30 ml. tap water*

Directions: Put the nonfat oatmeal in a pan. Toast and stirring, until golden brown. Then, put oatmeal on a plate and allow to calm down briefly. Peel the persimmons and put them in a bowl with the water. Mix everything into a fine puree. Put the yogurt and then puree in layers in a glass and serve.

Nutrition Calories: 284.2, Carbs: 28.3g, Protein: 1g, Fat: 11.2g

7.Eggs With Bacon

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Servings: 1

Ingredients:

- *2 eggs*
- *30 g. bacon*
- *2 tbsp. olive oil*
- *Pepper to taste*
- *Salt to taste*

Directions: Warm oil in a pan and fry the bacon. Reduce the heat and beat the eggs in the pan. Cook the eggs and season with salt and pepper. Serve the fried eggs hot with the bacon.

Nutrition Calories: 404, Carbs: 1.1g, Protein: 18.1g, Fat: 37g

8.Blueberry Spelt Pancakes

Preparation Time: 6 minutes
Cooking Time: 20 minutes
Servings: 3

Ingredients:

- *2 cups spelt flour*
- *1 cup coconut milk*
- *1/2 cup alkaline water*
- *2 tbsp. grapeseed oil*
- *1/2 cup agave*
- *1/2 cup blueberries*
- *1/4 tsp. sea moss*
- *2 tsp. hemp seeds*

Directions: Mix the spelt flour, grapeseed oil, hemp seeds, agave, and sea moss in a bowl.
Add coconut milk and alkaline water to the mixture.
Combine the blueberries with the batter.
Heat the skillet to moderate heat, then lightly coat it with the grapeseed oil.
Pour the batter into the skillet, then allow the pancakes to cook for about 5 minutes on every side.

Nutrition Calories: 202.1, Fat: 1.3g, Carbs: 41g, Protein: 4.8g

9.Quinoa Porridge

Preparation Time: 5 minutes
Cooking Time: 25 minutes
Servings: 2

Ingredients:

- *2 cups coconut milk*
- *1 cup rinsed quinoa*
- *1/8 tsp. ground cinnamon*
- *1 cup fresh blueberries*

Directions: In a saucepan, boil the coconut milk over high heat. Add the quinoa, then allow the mixture to boil.
Then cook over medium heat for 12 minutes until the milk is reduced.
Add the cinnamon, then mix it properly in the saucepan.
Cover the saucepan and cook for at least 10 minutes until the milk is absorbed.
Add in the blueberries, then cook for 30 more seconds.

Nutrition Calories: 272, Fat: 3.6g, Carbs: 53g, Protein: 6.4g

10.Apple Cheddar Muffins

Preparation Time: 10 minutes
Servings: 12

Cooking Time: 20 minutes

Ingredients:

- *1 egg*
- *3/4 cup tart apple, peel, and chop*
- *2/3 cup reduced-fat cheddar cheese, grated*
- *2/3 cup skim milk*
- *2 cups baking mix, low carb*
- *2 tbsp. vegetable oil*
- *1 tsp. cinnamon*

Directions: Heat the oven to 400ºF. Line a 12 cup muffin pan with paper liners and then, in a medium bowl, lightly beat the egg. Mix in the remaining ingredients just until moistened. Divide evenly between prepared muffin cups. Bake for 17 minutes. Serve warm.

Nutrition Calories: 161, Carbs: 16.5g, Protein: 11.3g, Fat: 4.3g, Sugar: 7.3g, Fiber: 4g

11.Apple Cinnamon Scones

Preparation Time: 5 minutes
Servings: 16

Cooking Time: 25 minutes

Ingredients:

- *2 large eggs*
- *1 apple, diced*
- *1/4 cup + 1/2 tbsp. margarine, melted, and divided*
- *1 tbsp. half-n-half*
- *3 cups almond flour*
- *1/3 cup + 2 tsp. Splenda*
- *2 tsp. baking powder*
- *2 tsp. cinnamon*
- *1 tsp. vanilla*
- *1/4 tsp. salt*

Directions: Heat oven to 325ºF. and line a large baking sheet with parchment paper and then, whisk 1 1/2 tsp. of cinnamon, almond flour, baking powder, 1/3 cup Splenda, and salt in a large bowl. Stir in apple. Add the eggs, 1/4 cup melted margarine, vanilla, and cream. Mix well until the mixture forms a soft dough.
Divide the dough in half and pat it into 2 circles, about 1-inch thick and 8 inches around.
Mix together the remaining 1/2 tsp. cinnamon and 2 tsp. Splenda, in a small bowl.
Brush the 1/2 tbsp. melted margarine over the dough and sprinkle with cinnamon mixture. Cut each into 8 equal pieces and place them on a prepared baking sheet.
Bake for 25 minutes and firm to the touch.

Nutrition Calories: 175.9, Carbs: 11.7g, Protein: 4.8g, Fat: 11.7g, Sugar: 7.7g, Fiber: 3g

12.Apple Topped French Toast

Preparation Time: 10 minutes
Servings: 2

Cooking Time: 10 minutes

Ingredients:

- *1 apple, peel and slice thin*
- *1 egg*
- *1/4 cup skim milk*
- *2 tbsp. margarine, divided*
- *4 slices Healthy Loaf Bread*
- *1 tbsp. brown sugar*
- *1 tsp. vanilla*
- *1/4 tsp. cinnamon*

Directions: Melt 1 tbsp. margarine in a large skillet over med-high heat and then, add the brown sugar, apple slices, and cinnamon, and cook, stirring, until apples are tender. In a shallow dish, whisk together egg, skim milk, and vanilla. Melt the remaining margarine in a separate skillet over med-high heat, dip each slice of bread in the egg mixture and cook until golden brown on both sides.
Put 2 slices of French toast on plates, and top with apple slices.

Nutrition Calories: 136, Carbs: 23.7g, Protein: 9.1g, Fat: 22g, Sugar: 18.3g, Fiber: 4g

13.Egg Muffins and Turkey Bacon

Preparation Time: 10 minutes
Servings: 6

Cooking Time: 15 minutes

Ingredients:

- *1 1/4 cups frozen hash browns, thawed*
- *1 cup egg substitute*
- *2 turkey sausage patties, diced*
- *2 tbsp. onion, diced fine*
- *2 tbsp. turkey bacon, cooked and chopped*

- *2 tbsp. Monterey Jack cheese, grated*
- *1 tbsp. fat-free sour cream*
- *1 garlic clove, diced fine*
- *1 tsp. vegetable oil*
- *1/4 tsp. salt*
- *1/8 tsp. black pepper*
- *Non-stick cooking spray*

Directions: Heat oven to 400ºF. Sprinkle a 6-cup muffin pan with cooking spray.
Divide the hash browns evenly among the muffin cups, pressing firmly on the bottoms and up the sides.
Preheat the oil in a large skillet. Add onion and cook, stirring until tender. Add garlic and sausage and cook for 1 minute. Take the skillet off the heat and stir in fat-free sour cream.
Beat egg substitute with salt and pepper, in a medium bowl. Pour the egg mixture evenly over the potatoes.
Top with sausage mixture, bacon, and cheese.
Bake for 18 minutes. Serve immediately.

Nutrition Calories: 164, Carbs: 12.8g, Protein: 10.8g, Fat: 6.8g, Sugar: 0.8g, Fiber: 1g

14.Blueberry Cinnamon Muffins

Preparation Time: 10 minutes **Cooking Time: 30 minutes**
Servings: 10

Ingredients:
- *3 eggs*
- *1 cup blueberries*
- *1/3 cup half-n-half*
- *1/4 cup margarine, melted*
- *1 1/2 cup almond flour*
- *1/3 cup Splenda*
- *1 tsp. baking powder*
- *1 tsp. cinnamon*

Directions: Heat oven to 350ºF. Line 10 muffin cups with paper liners.
In a mixing bowl, combine dry ingredients. Stir in wet ingredients and mix well.
Add in the blueberries and spoon evenly into a lined muffin pan. Bake for 30 minutes.

Nutrition Calories: 193, Carbs: 11.7g, Protein: 4.7g, Fat: 13.8g, Sugar: 8.6g, Fiber: 2g

15.Blueberry Stuffed French Toast

Preparation Time: 15 minutes **Cooking Time: 20 minutes**
Servings: 8

Ingredients:
- *4 eggs*
- *1 1/2 cup blueberries*
- *1/2 cup orange juice*
- *1 tsp. orange zest*
- *16 slices bread*
- *3 tbsp. Splenda, divided*
- *1/8 tsp. salt*
- *Blueberry Orange Dessert Sauce*
- *Non-stick cooking spray*

Directions: Heat oven to 400ºF. Spray a baking sheet with cooking spray.
Combine berries with 2 tbsp. of Splenda in a small bowl.
Lay 8 slices of bread on the work surface. Top with about 3 tbsp. of berries and place the second slice of bread on top. Flatten slightly.
In a shallow dish, whisk all the remaining ingredients. Carefully dip both sides of bread in the mixture and place on prepared pan. Bake for 12 minutes per side, until lightly browned.
Heat dessert sauce until warm. Plate the French toast and top with 1–2 tbsp. of the sauce.

Nutrition Calories: 207.1, Carbs: 20.9g, Protein: 6.8g, Fat: 9.5g, Sugar: 12.2g, Fiber: 2g

16.Cauliflower Hash

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 2

Ingredients:
- *4 cups cauliflower, grated*
- *1 cup mushrooms, diced*
- *3/4 cup onion, diced*
- *3 slices bacon*
- *1/4 cup sharp cheddar cheese, grated*

Directions: Fry bacon in a medium skillet over medium-high heat and set aside.
Add vegetables to the skillet and cook, stirring, until golden brown. Cut bacon into pieces and return to the skillet. Top with cheese and allow it to melt.

Nutrition Calories: 154, Carbs: 15.3g, Protein: 11g, Fat: 7.4g, Sugar: 6.8g, Fiber: 6g

17.Coconut Porridge

Preparation Time: 2 minutes **Cooking Time: 10 minutes**
Servings: 4

Ingredients:

- *4 cup vanilla almond milk, unsweetened*
- *1 cup unsweetened coconut, grated*
- *8 tsp. coconut flour*

Directions: Add coconut to a saucepan and cook over medium-high heat until it is lightly toasted.
Add milk and bring to a boil. While stirring, slowly add flour, cook, and stir until the mixture thickens about 5 minutes. Remove from heat, adle into bowls and serve.

Nutrition Calories: 232, Carbs: 20.9g, Protein: 6.2g, Fat: 13g, Sugar: 3.7g, Fiber: 13g

18.Cranberry Cake

Preparation Time: 10 minutes **Cooking Time: 20–25 minutes**
Servings: 12

Ingredients:

- *1 cup whole fresh cranberries*
- *4 large eggs*
- *1 1/4 cup flaxseed meal*
- *1/2 cup Splenda*
- *1/2 cup sugar-free vanilla syrup*
- *1/4 cup olive oil*
- *3 tbsp. cinnamon*
- *1 tbsp. vanilla*
- *1 tsp. baking powder*
- *1 tsp. nutmeg*
- *1/2 tsp. salt*
- *Non-stick cooking spray*

Directions: Heat oven to 350°F. and then, coat a Bundt cake pan with cooking spray.
Put cranberries in a microwave-safe bowl and cover them with plastic wrap. Cook on high for 2 minutes.
Combine wet ingredients in a medium bowl. Mix until thoroughly combined.
Add the dry ingredients and mix well. Let sit for 10 minutes.
Add cranberries and pour into the prepared pan. Bake for 25 minutes and then, let cool 5 minutes in the pan, then invert onto a serving plate.

Nutrition Calories: 121, Carbs: 10.8g, Protein: 2.2g, Fat: 5.7g, Sugar: 8.9g, Fiber: 2g

19.Cucumber with Yogurt

Preparation Time: 5 minutes **Servings: 1**

Ingredients:

- *1 cup low-fat yogurt*
- *½ cup cucumber, diced*
- *¼ teaspoon lemon zest*
- *¼ teaspoon lemon juice*
- *¼ teaspoon fresh mint, chopped*
- *Salt to taste*

Directions: Mix the ingredients in a jar. Refrigerate and serve.

Nutrition: Calories: 163, Fat: 3.9g, Carbs: 18g, Fiber: 1g, Sugar: 17.8g, Protein: 12.5g

20.Almond and Berry Smoothie

Preparation Time: 10 minutes **Servings: 1**

Ingredients:

- *2/3 cup frozen raspberries*
- *½ cup frozen banana, sliced*
- *½ cup almond milk (unsweetened)*
- *3 tablespoons almonds, sliced*
- *¼ teaspoon ground cinnamon*
- *1/8 teaspoon vanilla extract*
- *¼ cup blueberries*
- *1 tablespoon coconut flakes (unsweetened)*

Directions: Put the ingredients in a blender except coconut flakes. Pulse until smooth.
Top with the coconut flakes before serving.

Nutrition: Calories: 358.7, Fat: 18.5g, Carbs: 45.4g, Fiber: 14g, Sugar: 20.4g, Protein: 9,6g

21. Breakfast Diabetic Pancakes

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2

Ingredients:

- *Almond flour (blanched) – 1 cup*
- *Coconut flour – ¼ cup*
- *Erythritol – 2-3 tablespoons*
- *Baking powder (gluten-free) – 1 teaspoon*
- *Eggs – 5 large*
- *Almond milk (unsweetened) – 1/3 cup*
- *Avocado oil – ¼ cup*
- *Vanilla extract – 1 ½ teaspoons*
- *Sea salt – ¼ teaspoon*

Directions: Begin by taking a mixing bowl and add in the blanched almond flour, coconut flour, erythritol, baking powder, eggs, almond milk, avocado oil, vanilla extract, and sea salt. Stir the ingredients with a whisk until smooth.
Take a nonstick pan and place it on a medium-low flame. Grease the pan with a cooking spray.
Once the pan is hot enough, drop ¼ cup batter onto the pan and cook for 2 minutes. Flip over and cook for another 2 minutes. Repeat the process with the remaining batter.
Transfer the cooked pancakes onto a serving platter and stack one over the other. Serve hot!

Nutrition: Fat: 22.6g, Carbs: 5.3g, Sugar: 1g, Protein: 9.4g

22. Berry-Oat Breakfast Bars

Preparation Time: 10 minutes
Cooking Time: 25 minutes
Servings: 12

Ingredients:

- *2 cups fresh raspberries or blueberries*
- *2 tablespoons sugar*
- *2 tablespoons freshly squeezed lemon juice*
- *1 tablespoon cornstarch*
- *1/2 cups rolled oats*
- *1/2 cup whole-wheat flour*
- *1/2 cup walnuts*
- *¼ cup chia seeds*
- *¼ cup extra-virgin olive oil*
- *¼ cup honey*
- *1 large egg*

Directions: Preheat the oven to 350°F.
Mix together the berries, sugar, lemon juice, and cornstarch, in a small saucepan over medium heat. Bring to a simmer. Lower the heat and simmer for 3 minutes, until the mixture thickens.
In a food processor or high-speed blender, combine the oats, flour, walnuts, and chia seeds. Process until powdered. Add the olive oil, honey, and egg. Knead a few more times, until well combined. Press half of the mixture into a 9-inch square baking dish.
Spread the berry filling over the oat mixture. Add the remaining oat mixture on top of the berries. Bake for 25 minutes, until browned. Allow to cool completely, cut into 12 pieces, and serve. Store in a covered container for up to 5 days.

Nutrition: Calories: 200, Carbs: 25.4g, Fat: 9.5g, Protein: 5.4g, Sugar: 8.5g, Fiber: 5g

23. Whole-Grain Pancakes

Preparation Time: 10 minutes
Cooking Time: 15 minutes
Servings: 4 to 6

Ingredients:

- *2 cups whole-wheat pastry flour*
- *4 teaspoons baking powder*
- *2 teaspoons ground cinnamon*
- *1/2 teaspoon salt*
- *2 cups skim milk, plus more as needed*
- *2 large eggs*
- *1 tablespoon honey*
- *Nonstick cooking spray*
- *Maple syrup, for serving*
- *Fresh fruit, for serving*

Directions: Mix together the flour, cinnamon, baking powder, and salt, in a large bowl. Add the milk, eggs, and honey, and stir well to combine. Put more milk, 1 tablespoon at a time, until there are no dry spots and you has a pourable batter. Warm a large skillet over medium-high heat, and spray it with cooking spray.
Using a ¼-cup measuring cup, scoop 2 or 3 pancakes into the skillet at a time. Cook for 2 minutes, until bubbles form on the surface of the pancakes, flip, and cook for 2 minutes. Repeat with the remaining batter. Serve topped with maple syrup or fresh fruit.

Nutrition: Calories: 390, Fat: 3.5g, Protein: 16.4g, Carbs: 70g, Sugar: 10,1g, Fiber: 9g

24.Macadamia Chocolate Smoothie

Preparation Time: 5 minutes **Servings: 1**

Ingredients

- *1/3 cup chocolate whey protein powder, low carb*
- *1 cup almond milk, unsweetened*
- *2 tablespoons macadamia nuts, salted*

Directions: Add the listed ingredients to your blender and blend until you have a smooth mixture.
Chill and enjoy.

Nutrition: Calories: 163, Fat: 1.9g, Carbs: 1.1g, Protein: 13.2g

25.Peach Muesli Bake

Preparation Time: 10 minutes **Cooking Time: 40 minutes**
Servings: 8

Ingredients:

- *Nonstick cooking spray*
- *2 cups skim milk*
- *11/2 cups rolled oats*
- *1/2 cup chopped walnuts*
- *1 large egg*
- *2 tablespoons maple syrup*
- *1 teaspoon ground cinnamon*
- *1 teaspoon baking powder*
- *1/2 teaspoon salt*
- *2 to 3 peaches, sliced*

Directions: Preheat the oven to 375°F. Sprinkle a 9-inch square baking dish with cooking spray.
Set aside in a large bowl, stir together the milk, oats, walnuts, egg, maple syrup, cinnamon, baking powder, and salt. Disperse half of the mixture into the prepared baking dish.
Place half the peaches in a single layer across the oat mixture.
Spread the remaining oat mixture over the top. Add the remaining peaches in a thin layer over the oats. Bake for 36 to 40 minutes, uncovered, until thickened and browned. Cut into 8 squares and serve warm.

Nutrition: Calories: 137.2, Fat: 2.6g, Protein: 7.3g, Carbs: 20.9g, Sugar: 9.4g, Fiber: 3g

26.Whole-Grain Baby Pancake

Preparation Time: 5 minutes **Cooking Time: 25 minutes**
Servings: 4

Ingredients:

- *2 tablespoons coconut oil*
- *1/2 cup whole-wheat flour*
- *¼ cup skim milk*
- *3 large eggs*
- *1 teaspoon vanilla extract*
- *1/2 teaspoon baking powder*
- *¼ teaspoon salt*
- *¼ teaspoon ground cinnamon*
- *Powdered sugar, for dusting*

Directions: Preheat the oven to 400°F.
Put the coconut oil in a medium oven-safe skillet, and place the skillet in the oven to melt the oil while it preheats.
In a blender, combine the flour, vanilla, milk, eggs, baking powder, salt, and cinnamon. Process until smooth.
Carefully remove the skillet from the oven and tilt to spread the oil around evenly.
Pour the batter into the skillet and return it to the oven for 23 to 25 minutes, until the pancake puffs and lightly browns. Remove, dust lightly with powdered sugar, cut into 4 wedges, and serve.

Nutrition: Calories: 194.2, Fat: 10.4g, Protein: 9.4g, Carbs: 15.1g, Sugar: 1g, Fiber: 2g

27.Spinach and Cheese Quiche

Preparation Time: 10 minutes, plus 10 minutes to rest **Cooking Time: 50 minutes**
Servings: 4 to 6

Ingredients:

- *Nonstick cooking spray*
- *8 ounces Yukon Gold potatoes, shredded*
- *1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided*
- *1 teaspoon salt, divided*
- *Freshly ground black pepper*
- *1 onion, finely chopped*
- *1 (10-ounce) bag fresh spinach*
- *4 large eggs*
- *1/2 cup skim milk*
- *1 ounce Gruyère cheese, shredded*

Directions: Preheat the oven to 350°F. Sprinkle a 9-inch cake pan with cooking spray. Set aside.

In a small bowl, toss the potatoes with 2 teaspoons of olive oil, 1/2 teaspoon of salt, and season with pepper. Press the potatoes into the bottom and sides of the pie dish to form a thin, even layer. Bake for 20 minutes, until golden brown. Remove from the oven and set aside to cool.
In a large skillet over medium-high heat, heat the remaining 1 tablespoon of olive oil.
Put the onion and sauté for 5 minutes, until softened.
By handfuls, add the spinach, stirring between each addition, until it just starts to wilt before adding more. Cook for about 1 minute, until it cooks down.
In a medium bowl, whisk the eggs and milk. Add the Gruyère, and season with the remaining 1/2 teaspoon of salt and some pepper. Fold the eggs into the spinach. Pour the mixture into the pie dish and bake for 25 minutes, until the eggs are set. Let rest for 10 minutes before serving.

Nutrition: Calories: 443.5, Fat: 13.4g, Protein: 20.3g, Carbs: 66.2g, Sugar: 5.3g, Fiber: 7g

28.Cinnamon Overnight Oats

Preparation Time: 5 minutes, plus overnight to refrigerate **Servings: 2**

Ingredients:

- *¾ cup unsweetened almond milk*
- *⅔ cup rolled oats*
- *½ apple, cored and finely chopped*
- *2 tbsp. chopped walnuts*
- *1 tsp. cinnamon*
- *Pinch sea salt*

Directions: In a single-serving container or Mason jar, combine all the ingredients and mix well. Cover and refrigerate overnight.

Nutrition: Calories: 240.2, Fat: 11.3g, Carbs: 28.3g, Fiber: 6g, Protein: 7.5g

29.Nut Porridge

Preparation Time: 10 minutes **Cooking Time: 15 minutes**
Servings: 4

Ingredients:

- *1 cup cashew nuts*
- *1 cup pecan*
- *2 tablespoons stevia*
- *4 teaspoons coconut oil*
- *2 cups of water*

Directions: Grind the cashews and peanuts in a processor.
Stir in stevia, oil, and water. Add the mixture to a saucepan and cook within 5 minutes on high. Adjust on low within 10 minutes. Serve.

Nutrition: Calories: 258.7, Fat: 22.4g, Carbs: 12.4g, Sugar: 1.7g, Fiber: 1.4g, Protein: 5.9g

30.Parsley Soufflé

Preparation Time: 5 minutes **Cooking Time: 6 minutes**
Servings: 1

Ingredients:

- *2 eggs*
- *1 red chili pepper*
- *2 tablespoons coconut cream*
- *1 tablespoon parsley*
- *Salt*

Directions: Blend all the soufflé items to a food processor.
Put it in the soufflé dishes, then bake within 6 minutes at 390 degrees f. Serve.

Nutrition: Calories: 107, Fat: 8.5g, Carbs: 1g, Protein: 6.2g

31.Ham and Cheese English Muffin Melt

Preparation Time: 10 minutes **Cooking Time: 5 minutes**
Servings: 2

Ingredients:

- *1 whole-grain English muffin, split and toasted*
- *2 tsp. Dijon mustard*
- *2 slices tomato*
- *4 thin slices deli ham*
- *½ cup shredded Cheddar cheese*
- *2 large eggs, fried (optional)*

Directions: Preheat the oven broiler on high.
Spread each toasted English muffin half with 1 tsp. of mustard and place them on a rimmed baking sheet, cut-side up. Top each with a tomato slice and 2 slices of ham. Sprinkle each with half of the cheese.
Broil in the warmed oven until the cheese melts, 2 to 3 minutes.
Serve immediately, topped with a fried egg, if desired.

Nutrition: Calories: 233.5, Fat: 12.4g, Carbs: 15.7g, Fiber: 3g, Protein: 16.5g

32.Caprese Quiche

Preparation Time: 5 minutes **Cooking Time: 1 hour**
Servings: 1

Ingredients:

- *Grape tomatoes – 1 ½ cups (cut in half)*
- *Fresh basil (chopped) – ½ cup*
- *Garlic (minced) – 4 cloves*
- *Eggs – 10 large*
- *Almond milk (unsweetened) – ½ cup*
- *Sea salt – ¾ teaspoon*
- *Black pepper – ¼ teaspoon*
- *Mozzarella cheese (fresh) – 6 oz*

Directions: Start by preheating the oven by setting the temperature to 350 degrees Fahrenheit.
Cut the mozzarella cheese into small cubes and place 2/3 of the cubed cheese into a large mixing bowl. Set the rest of the cheese aside.
Now add the basil, halved tomatoes, and garlic to the mozzarella cheese. Mix well to combine.
Transfer the mozzarella cheese mix into a 9-inch round glass baking dish and spread it evenly at the bottom.
Take another bowl and put in the eggs, milk, black pepper, and sea salt. Whisk until all ingredients are well incorporated. Pour the prepared egg mixture over the tomato and cheese mix.
Put the baking dish into the preheated oven and bake for around 45 minutes.
Top the baked quiche with the remaining mozzarella cheese and place the baking dish back into the oven. Bake for another 20 minutes. The top should be golden brown and the inside of the quiche should be nicely cooked.
Remove the quiche from the oven and finish by topping with freshly chopped basil. Serve right away!

Nutrition: Fat: 14.4g, Protein: 17.7g, Carbs: 3.1g, Sugar: 1.4g

33.Cheesy Veg Omelet Topped with Avocado

Preparation Tim: 10 minutes **Cooking Time: 15 minutes**
Servings: 1

Ingredients:

For the eggs:

- *Eggs – 4 large*
- *Heavy cream – ¼ cup*
- *Sea salt – ¼ teaspoon*
- *Black pepper – 1 pinch*

For the vegetables:

- *Avocado oil – 1 tablespoon*
- *Onions (finely diced) – 3 tablespoons*
- *Bell peppers (finely diced) – 3 tablespoons*
- *Mushrooms (finely diced) – 3 tablespoons*
- *Tomatoes (finely diced) – 3 tablespoons*

For cooking and serving:

- *Avocado oil – 1 tablespoon*
- *Cheddar cheese (shredded) – ½ cup*
- *Avocado (thinly sliced) – ½ medium*

Directions: Begin by taking a medium-sized bowl and adding in the cream, eggs, pepper, and salt. Use a whisk to mix the ingredients. Set aside for about 15 minutes.
Take a large skillet and place it over a medium flame. Pour in 1 tablespoon of avocado oil and let it heat through. Toss in the finely diced onions, bell peppers, mushrooms, and tomatoes; sauté the vegetables for about 7 minutes. The veggies should be slightly browned and soft. Transfer the cooked veggies onto a plate and cover with aluminum foil. Set aside.
Wipe the pan clean with tissue paper and add ½ tablespoon of avocado oil into the skillet. Coat the bottom evenly. Whisk the cream and eggs mixture nicely and pour half of the mixture into the skillet. Cook for about 30 seconds and push the edges into the center using a spatula. Let the uncooked egg spread to the bottom of the skillet. Cook for about 60 seconds and put off the flame.

Once the omelet is almost set, top with half of the cooked veggies and sprinkle with shredded cheddar cheese. Fold over and press with the back of the spatula. Cover the skillet with a lid and let it sit for about a minute. The cheese should be melted by now.
Transfer onto a serving platter. Repeat the process with the remaining avocado oil, egg mixture, veggies, and cheese. Finish by topping both the omelets with ¼ of the sliced avocado. Serve right away!

Nutrition: Fat: 50.4g, Protein: 22.9g, Carbs: 10.5g, Sugar: 4.4g

34.Chocolate Pudding

Preparation Time: 5 minutes **Cooking Time: 10 minutes**
Servings: 4

Ingredients:

- *Stevia erythritol blend (granulated) – ¼ cup*
- *Cocoa powder (unsweetened) – 1/3 cup*
- *Glucomannan – 2 teaspoons*
- *Sea salt – 1/8 teaspoon*
- *Egg yolks – 2 large*
- *Heavy whipping cream – ½ cup*
- *Almond milk (unsweetened) – 1 ½ cups*
- *Vanilla extract – 2 teaspoons*

Directions: Start by sifting the cocoa powder, sweetener, sea salt, and glucomannan into a nonstick saucepan. Take a medium-sized glass bowl and break the eggs into the same. Whisk until it turns into a smooth mixture. Continue to whisk the eggs while adding almond milk and heavy whipping cream in a stream.
Now gradually transfer the egg and cream mixture to the dry mixture in the saucepan. Continue whisking to prevent lumps from forming.
Put the saucepan on a medium flame and cook until the mixture starts to simmer. Keep stirring.
Put off the flame and let it sit for around 20 minutes at room temperature. Add in the vanilla extract and whisk well. Pour in 4 pudding cups and cover with a cling film. Put the cups in the refrigerator for at least 4 hours or until the pudding is perfectly set.
Once the pudding is set, top with whipped cream and garnish with chocolate shavings. Serve!

Nutrition: Fat: 14.5g, Protein: 4.5g, Carbs: 6.7g, Sugar: 1g

35.Strawberry Cream Pie

Preparation Time: 10 minutes **Cooking Time: 5 hours 30 minutes**
Servings: 12

Ingredients:

For pie crust:

- *Coconut oil spray*
- *Almond flour (superfine) – 1 cup*
- *Stevia erythritol blend (granulated) – ¼ cup*
- *Baking soda – ¼ teaspoon*
- *Sea salt – 1 pinch*
- *Vanilla extract – 1 teaspoon*
- *Butter (cubed) – ¼ cup*

For strawberry cream:

- *Frozen strawberries (no-sugar-added) – 10 ounces*
- *Lemon juice – 2 teaspoons*
- *Water – ¼ cup*
- *Powdered gelatin (unflavored) – 1 ½ teaspoons*
- *Stevia erythritol blend (granulated) – 3 tablespoons*
- *Heavy whipping cream – 1 cup*

Directions:

Preparing the pie crust: Start by preheating the oven by setting the temperature to 375 degrees Fahrenheit. Take a pie pan and grease it generously with coconut oil spray.
In a large mixing bowl, place the almond flour, sweetener, sea salt, and baking soda. Whisk well using an electric mixer.
Add the vanilla extract and melted butter to the almond flour mixture and mix well. The consistency of the mixture should be like that of dough.
Transfer the dough onto a flat surface and roll it out so that it's the size of the pan. Place the dough into the pie pan and press it around the edges.
Place the pie pan into the preheated oven and bake for about 10 minutes. The crust should be golden brown. Once done, take out the pie pan and place it on the rack. Let it cool at room temperature for around 10 minutes.

Preparing the filling: Take a small nonstick saucepan and add in the ¼ cup of cold water. Add in the powdered gelatin and let it rest for about 5 minutes.

In the meantime, add the strawberries and freshly squeezed lemon juice to a blender. Blend into a puree and set aside. The gelatin must have bloomed by now. Place the saucepan with gelatin on a medium-low flame. Add in the sweetener and whisk until the gelatin and sweetener have dissolved completely.
Once done, put on the blender and run it on the lowest setting. Pour the sweetener mixture into the blender in a stream. Ensure all ingredients are well incorporated.
Transfer the prepared strawberry mixture into a large glass mixing bowl and place it in the refrigerator.
In the meantime, take a medium-sized mixing bowl and add in the heavy whipping cream. Use a hand mixer to whip the cream until soft peaks form.
Take the strawberry mixture out of the refrigerator and add 1/3 of the freshly whipped cream. Fold nicely using a spatula.
Gradually fold the remaining whipped cream into the strawberry mixture.
Transfer the strawberry cream mixture into the cooled pie crust. Use the back of the spoon to level the top of the pie. Cover the pie pan with cling film and place it in the refrigerator for about 5 hours. Serve chilled!

Nutrition: Fat: 14.7g, Protein: 3.4g, Carbs: 5.8g, Sugar: 1g

36.Brown Rice Pilaf

Preparation Time: 10 minutes **Cooking Time: 45 minutes**
Servings: 6

Ingredients:

- *One tablespoon olive oil*
- *One cup brown rice*
- *Three cups water*
- *One teaspoon low-sodium chicken-flavored bouillon granules*
- *One small onion, chopped (about*
- *1/2 cup)*
- *Half pound fresh mushrooms, thinly sliced (about two cups)*
- *Ground nutmeg (1/8 teaspoon)*
- *Half pound asparagus tips, cut in*
- *1-inch pieces (about two cups)*
- *Two tablespoons finely grated*
- *Swiss cheese*
- *Half cup chopped fresh parsley*

Directions: Preheat the olive oil in a wide saucepan over medium heat. Add the rice and sauté until golden brown. Water, bouillon granules, cabbage, mushrooms and nutmeg are added slowly.
Bring the mixture to a boil, cook for thirty minutes, reduce the heat, cover and simmer. To prevent the mixture from drying out, add water if needed.
Apply the tips to the asparagus, cover and simmer for another 5 minutes. Incorporate the grated cheese. Parsley garnish. Immediately serve.

Nutrition: Calories: 171.5, Fat: 3.8g, Carbs: 27.8g, Sugar: 1g, Fiber: 4g, Protein: 5.5g

37.Creamy Fruit Dessert

Preparation Time: 5 minutes **Cooking Time: 30 minutes**
Servigs: 4

Ingredients:

- *Four ounces fat-free cream cheese, softened*
- *Half cup plain fat-free yogurt*
- *Half teaspoon vanilla extract*
- *Fifteen oz (one can) mandarin oranges, drained*
- *Fifteen ounces (one can) water-packed sliced peaches, drained*
- *Eight oz. (one can) water-packed pineapple chunks, drained*
- *Four tablespoons shredded coconut, toasted*

Directions: Mix the cream cheese, yoghurt, sugar and vanilla in a shallow dish. Beat until smooth, using an electric mixer at high speed.
Get the canned fruit to drain. Mix the oranges, peaches and pineapple in a different dish.
Attach a mixture of cream cheese and fold it together. Cover and when well-chilled, refrigerate.
Transfer to a bowl or separate bowls for serving. Garnish with shredded coconut and instantly serve.

Nutrition: Calories: 204.5, Carbs: 40.8g, Fat: 1.8g, Protein: 6.8g, Fiber: 2g

Snacks and Appetizers

38.Bacon and Chicken Garlic Wrap

Preparation Time: 15 minutes **Cooking Time: 10 minutes**
Servings: 4

Ingredients

- *1 chicken fillet, cut into small cubes*
- *8-9 thin slices bacon, cut to fit cubes*
- *6 garlic cloves, minced*

Directions: Prepare the oven to 400 degrees F. Line a baking tray with aluminum foil. Add minced garlic to a bowl and rub each chicken piece with it. Wrap bacon piece around each garlic chicken bite. Secure with toothpick. Transfer bites to the baking sheet, keeping a little bit of space between them.
Bake for about 15-20 minutes until crispy. Serve and enjoy!

Nutrition: Calories: 259.2, Fat: 18.7g, Carbs: 4.8g, Protein: 23.5g

39.Mushroom and Black Bean Burrito

Preparation Time: 10 minutes **Cooking Time: 15 minutes**
Servings: 1

Ingredients:

- *2 tablespoons canned black beans, rinsed and drained*
- *¼ cup sliced baby portobello mushrooms*
- *1 teaspoon olive oil*
- *Pinch of kosher salt*
- *1 large egg*
- *1 slice low-fat Cheddar cheese*
- *1 (8-inch) whole grain flour tortilla*
- *Hot sauce*

Directions: Spray a baking pan with nonstick cooking spray, then place the black beans and baby portobello mushrooms in the pan, drizzle with the olive oil, and season with the kosher salt.
Bake at 360° F for 5 minutes, then pause the fryer to crack the egg on top of the beans and mushrooms. Bake for 8 more minutes or until the egg is cooked as desired.
Pause the fryer again, top the egg with cheese, and bake for 1 more minute.

Remove the pan from the fryer, then use a spatula to place the bean mixture on the whole grain flour tortilla. Fold in the sides and roll from front to back. Serve warm with the hot sauce on the side.

Nutrition: Calories: 276, Fat: 11.8g, Protein: 16.4g, Carbs: 25.7g, Fiber: 6g, Sugar: 1.8g

40.Cucumber Rolls

Preparation Time: 15 minutes **Servings: 20 rolls**

Ingredient:

- *1 avocado*
- *Quarter tsp salt*
- *One pinch black pepper*
- *One tsp lemon juice*
- *Half medium tomato – diced finely*
- *Half cup alfalfa sprouts*
- *toothpicks*
- *One Lebanese cucumber*

Directions: Using a sharp knife, carefully cut the cucumber into thin horizontal slices to be used as a wrap.
In a bowl, put the avocado, salt, pepper, lemon juice, and tomato and mix well together.
Lay down one of the cucumber slices to make the rolls, place some alfalfa in the center, topped by a small spoonful of the mixture of avocado. Roll the top of the cucumber over all the mixture and keep the edges together with a toothpick to prevent it from unrolling. Serve on a dish or platter.

Nutrition: Calories: 76.7, Protein: 4.5g, Carbs: 4.8g, Fat: 5.8g

41.Antipasto Skewers

Preparation Time: 15 minutes **Servings: 12 skewers**

Ingredients:

- *Twelve rosemary stems*
- *Twelve oz mozzarella balls*
- *Fourteen oz artichoke hearts, cut in quarters*
- *Six oz black olives, canned*
- *Twelve oz salami sliced*
- *Four oz balsamic dressing*

Directions: Strip the rosemary stems at either end of the stem, leaving one to two-inch leaves.
Pierce cheese cubes along with the end of the rosemary stem, artichoke hearts, olives, and salami.
Drizzle with balsamic dressing skewers. Serve instantly or refrigerate.

Nutrition: Calories: 202.8, Protein: 8.4g, Carbs: 3.1g, Fat: 14.3g

42.Baked Beef Wonton

Preparation Time: 25 minutes **Cooking Time: 15 minutes**
Servings: 8

Ingredients:

- *Half pound lean ground beef*
- *Quarter cup finely chopped onion*
- *Quarter tsp Cajun seasoning*
- *Quarter tsp kosher salt*
- *Quarter tsp ground black pepper*
- *Quarter cup canned low-salt yellow corn, drained*
- *One-third cup salsa*
- *Twenty wonton wrappers*
- *Cooking spray*
- *Low-fat sour cream (optional)*
- *One tablespoon tomato paste*

Directions: Preheat oven to 400°F.
Cook ground beef, onion, Cajun seasoning, and salt in a large nonstick skillet 5 minutes or until beef is browned. Add corn, salsa and tomato paste and cook until heated through. Remove and allow to cool.
Working with one wonton wrapper at a time, pour 1 tablespoon beef mixture into center of each wrapper. Join 2 opposite corners and pinch tips together to seal, forming a triangle. Put wrappers on a wire rack and repeat with remaining wrappers and beef mixture.
Place wonton on lightly greased baking sheets and lightly coat with cooking spray. Bake for 6 minutes on each side, turning once or until golden brown. Serve with sour cream, if desired.

Nutrition: Calories: 195.4, Protein: 10.4g, Carbs: 11.7g, Fat: 10.3g

43.Hummus and Tomatoes Cucumber Bites

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Servings: 2

Ingredients:

- *One English cucumber*
- *Six mini tomatoes*
- *Three oz roasted red pepper hummus*
- *Fresh chopped parsley*

Directions: Slice the cucumber into rounds and the tomatoes crosswise thinly. On the cucumber slices, spread the hummus evenly, then cover with the tomato slices. Use new chopped parsley to sprinkle over.

Nutrition: Calories: 146.4, Protein: 3.8g, Carbs: 14.7g, Fat: 6.7g

44.Cheese Casserole

Preparation Time: 5 minutes
Cooking Time: 35 minutes
Servings: 12

Ingredients:

- *Six large eggs*
- *Quarter cup milk*
- *Twelve cauliflower tots*
- *Half cup mild cheddar cheese*
- *Half cup canned mushroom*

Directions: Spray nine-inch casserole dish with cooking oil. Use a mixer to combine all ingredients.
Pour the mixture into the casserole dish.
Bake into oven preheated at 425 degrees F for thirty to thirty-five minutes.

Nutrition: Calories: 234.8, Protein: 10.8g, Carbs: 9.9g, Fat: 23.3g

45.Baked Rosemary Artichokes

Preparation Time: 10 minutes
Cooking Time: 50 minutes
Servings: 4

Ingredients:

- *Two artichokes*
- *Four tablespoons of olive oil*
- *One tablespoon minced garlic*
- *One tablespoon dried rosemary*

Directions: Oven to be preheated to 350 degrees F.
Cut each artichoke in half on a cutting board. Take a small frying pan and slightly warm the olive oil on low/ medium heat. Add garlic and rosemary and heat for an another one to two minutes.
Cover a 9×9 glass pyrex with olive oil and spread the artichokes. Spray the flavored olive oil onto each of the halved artichoke. Let artichokes bake in the oven for 45 minutes until they are soft.

Nutrition: Calories: 120.6, Protein: 0g, Carbs: 1g, Fat: 10.5g

46.Garlic Asparagus

Preparation Time 5 minutes
Cooking Time: 15 minutes
Servings: 4

Ingredients:

- *sixteen asparagus*
- *Two cloves of garlic, minced*
- *Half a medium onion, diced*
- *Salt and pepper to taste*
- *Two tablespoons of olive oil*

Directions: Preheat oven to 325° F.
Mix well the minced garlic and olive oil. Cover a baking sheet with parchment paper, add the asparagus and cover with the olive oil and garlic mixture. Add the diced onion, salt and pepper to taste.
Put the baking sheet in the oven and bake for fifteen to twenty minutes.

Nutrition: Calories: 46.4, Protein: 2.2g, Carbs: 5.1g, Fat: 2.1g

47. Roasted Butternut Squash and Brussels Sprouts

Preparation Time: 10 minutes **Cooking Time: 45 minutes**
Servings: 4

Ingredients:

- *Half butternut squash, cubed*
- *Two cups Brussels sprouts, sliced in half*
- *One tablespoon olive oil*
- *Salt and pepper to taste*

Directions: Heat oven to 350° F.
Peel the skin of the butternut squash on a cutting board, then dice into cubes.
In a 9 x 11 inches glass pan, combine together butternut squash and Brussel sprouts.
Put salt, olive oil, and pepper into the pan and mix well.
Put the pan in the oven and bake for 45 minutes until the butternut squash has softened.

Nutrition: Calories: 54.8, Protein: 1.7g, Carbs: 9.7g, Fat: 0.7g

48. Stuffed Tomatoes

Preparation Time: 10 minutes **Cooking Time: 15 minutes**
Servings: 4

Ingredients:

- *2 tablespoons olive oil*
- *8 tomatoes, insides scooped*
- *¼ cup almond milk*
- *8 eggs*
- *¼ cup parmesan, grated*
- *Salt and black pepper to the taste*
- *4 tablespoons rosemary, chopped*

Directions: Grease a pan with the oil and arrange the tomatoes inside.
Crack an egg in each tomato, divide the milk and the rest of the ingredients, introduce the pan in the oven and bake at 375 degrees F for 15 minutes.

Nutrition: Calories: 275.4, Fat: 19.6g, Carbs: 12.1g, Protein: 12.9g

49. Avocado Spread

Preparation Time: 5 minutes **Servings: 8**

Ingredients:

- *2 avocados, peeled, pitted and roughly chopped*
- *1 tablespoon sun-dried tomatoes, chopped*
- *2 tablespoons lemon juice*
- *3 tablespoons cherry tomatoes, chopped*
- *¼ cup red onion, chopped*
- *1 teaspoon oregano, dried*
- *2 tablespoons parsley, chopped*
- *4 kalamata olives, pitted and chopped*
- *A pinch of salt and black pepper*

Directions: Put the avocados in a bowl and mash with a fork.
Add the rest of the ingredients, stir to combine and serve as a morning spread.

Nutrition: Calories: 109.2, Fat: 9.6g, Carbs: 5.2g, Protein: 1.8g

50. Tuna Salad

Preparation Time: 10 minutes **Servings: 2**

Ingredients:

- *12 ounces canned tuna in water, drained and flaked*
- *¼ cup roasted red peppers, chopped*
- *2 tablespoons capers, drained*
- *8 kalamata olives, pitted and sliced*
- *2 tablespoons olive oil*
- *1 tablespoon parsley, chopped*
- *1 tablespoon lemon juice*
- *A pinch of salt and black pepper*

Directions: In a bowl, combine the tuna with roasted peppers and the rest of the ingredients, toss, divide between plates and serve for breakfast.

Nutrition: Calories: 249.5, Fat: 16.8g, Carbs: 2.1g, Protein: 10.8g

51.Leeks and Eggs Muffins

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Servings: 2

Ingredients:

- *3 eggs, whisked*
- *¼ cup baby spinach*
- *2 tablespoons leeks, chopped*
- *4 tablespoons parmesan, grated*
- *2 tablespoons almond milk*
- *Cooking spray*
- *1 small red bell pepper, chopped*
- *Salt and black pepper to the taste*
- *1 tomato, cubed*
- *2 tablespoons cheddar cheese, grated*

Directions: In a bowl, combine the eggs with the milk, salt, pepper and the rest of the ingredients except the cooking spray and whisk well.
Grease a muffin tin with the cooking spray and divide the eggs mixture in each muffin mould.
Bake at 380 degrees F for 20 minutes and serve them for breakfast.

Nutrition: Calories: 307.5, Fat: 18.8g, Carbs: 8.1g, Protein: 24.8g

52.Artichoke Frittata

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Servings: 4

Ingredients:

- *8 large eggs*
- *¼ cup Asiago cheese, grated*
- *1 tablespoon fresh basil, chopped*
- *1 teaspoon fresh oregano, chopped*
- *Pinch of salt*
- *1 teaspoon extra virgin olive oil*
- *1 teaspoon garlic, minced*
- *1 cup canned artichoke*
- *es, drained*
- *1 tomato, chopped*

Directions: Preheat your oven to broil.
Take a medium bowl and whisk in eggs, Asiago cheese, oregano, basil, sea salt and pepper.
Blend in a bowl.
Put a large ovenproof skillet over medium-high heat and add olive oil. Add garlic and sauté for 1 minute.
Remove skillet from heat and pour in egg mix.
Return skillet to heat and sprinkle artichoke hearts and tomato over eggs. Cook frittata without stirring for 8 minutes.
Place skillet under the broiler for 1 minute until the top is lightly browned.
Cut frittata into 4 pieces and serve.

Nutrition: Calories: 198.6, Fat: 12.7g, Carbs: 4.7g, Protein: 16.5g

53.Chili Oregano Baked Cheese

Preparation Time: 5 minutes
Cooking Time: 35 minutes
Servings: 4

Ingredients:

- *8 oz. feta cheese*
- *4 oz. mozzarella, crumbled*
- *chili pepper, sliced*
- *1 tsp. dried oregano*
- *tbsps. olive oil*

Directions: Place the feta cheese in a small deep-dish baking pan. Top with the mozzarella then season with pepper slices and oregano. Cover the pan with aluminum foil and cook in the preheated oven at 350°F for 20 minutes. Serve the cheese right away.

Nutrition: Calories: 291.8, Fat: 23.7g, Carbs: 3.1g, Protein: 16.8g

54.Shrimp with Paprika and Coriander

Preparation Time: 15 minutes
Cooking Time: 10 minutes
Servings: 30

Ingredients:

- *16 oz. uncooked shrimp, peeled and deveined*
- *1-1/2 teaspoons of juice from a lemon*
- *½ teaspoon basil, chopped*
- *1 teaspoon coriander, chopped*

- *½ cup tomato*
- *What you will need from the store cupboard:*
- *1 tablespoon of olive oil*
- *½ teaspoon Italian seasoning*
- *½ teaspoon paprika*
- *1 sliced garlic clove*
- *¼ teaspoon pepper*

Directions: Bring together everything except the shrimp in a dish or bowl. Add the shrimp. Coat well by tossing. Set aside. Drain the shrimp. Discard the marinade. Keep them on a baking sheet. It should not be greased. Broil each side for 4 minutes. The shrimp should become pink.

Nutrition: Calories: 13.8, Carbs: 0g, Fiber: 0g, Sugar: 0g, Fat: 0g, Protein: 2g

55.Garlic-Sesame Pumpkin Seeds

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 2

Ingredients:

- *1 egg white*
- *1 teaspoon onion, minced*
- *½ teaspoon caraway seeds*
- *2 cups pumpkin seeds*
- *1 teaspoon sesame seeds*
- *What you will need from the store cupboard:*
- *1 garlic clove, minced*
- *1 tablespoon of canola oil*
- *¾ teaspoon of kosher salt*

Directions: Prepare the oven to 350 degrees F. Whisk together the oil and egg white in a bowl.
Include pumpkin seeds. Coat well by tossing. Now stir in the onion, garlic, sesame seeds, caraway seeds, and salt. Spread in 1 layer in your parchment-lined baking pan. Bake for 15 minutes until it turns golden brown.

Nutrition: Calories: 94.6, Carbs: 8.7g, Fiber: 3g, Sugar: 0g, Fat: 4.7g, Protein: 4.4g

56.Marinated Shrimp

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 50

Ingredients:

- *30 oz. cooked shrimp, peeled and deveined*
- *1 tablespoon parsley, minced*
- *1/3 teaspoon dill weed*
- *12 lime or lemon slices*
- *½ cup red onion, sliced*
- *What you will need from the store cupboard:*
- *½ cup lime juice*
- *½ cup canola oil*
- *1/8 teaspoon of hot pepper sauce*
- *½ teaspoon salt*

Directions: Keep everything other than the shrimp in the bowl.
Now toss with the shrimp. Set aside, stirring sometimes. Drain before you serve.

Nutrition: Calories: 27.8, Carbs: 0g, Fiber: 0g, Sugar: 0g, Fat: 1g, Protein: 3.5g

57.Oatmeal Butterscotch Cookies

Preparation Time: 10 minutes **Cooking Time: 15 minutes**
Servings: 4 dozen

Ingredients:

- *½ teaspoon cinnamon, ground*
- *3 cups oats*
- *2 eggs*
- *What you will need from the store cupboard:*
- *1 teaspoon of baking soda*
- *1-1/4 all-purpose flour*
- *1 cup margarine or butter*
- *1 teaspoon vanilla extract*
- *½ teaspoon salt*

Directions: Prepare the oven to 350 degrees F. Bring together the baking soda, flour, salt and cinnamon in a bowl.
Beat the eggs, vanilla extract and butter in a mixer bowl. Beat in the flour mix gradually. Stir in the oats. Place rounded tablespoons on baking sheets. Bake for 5-6 minutes. Let it cool for a couple of minutes.

Nutrition: Calories: 129.5, Carbs: 15.7g, Fat: 6.7g, Protein: 1g

58.Risotto Bites

Preparation Time: 15 minutes
Cooking Time: 20 minutes
Servings: 12

Ingredients:

- *½ cup panko bread crumbs*
- *1 teaspoon paprika*
- *1 teaspoon chipotle powder or ground cayenne pepper*
- *1½ cups cold Green Pea Risotto*
- *Nonstick cooking spray*

Directions: Preheat the oven to 425° F. Line a baking sheet with parchment paper.
On a large plate, combine the panko, paprika, and chipotle powder. Set aside.
Roll 2 tablespoons of the risotto into a ball. Gently roll in the bread crumbs, and place on the prepared baking sheet. Repeat to make a total of 12 balls. Bake and then spritz the tops of the risotto bites with nonstick cooking spray and bake for 15-20 minutes until they begin to brown. Finish and Serve.
Cool completely before storing in a large airtight container in a single layer (add a piece of parchment paper for a second layer), or in a plastic freezer bag.

Nutrition: Calories: 99.5, Fat: 1.8g, Protein: 6.5g, Carbs: 16.8g, Fiber: 5g, Sugar: 1.8g

59.Garden Salad Wraps

Preparation Time: 15 minutes
Cooking Time: 10 minutes
Servings: 4

Ingredients:

- *6 tablespoons extra-virgin olive oil*
- *1-pound extra-firm tofu, drained, patted dry, and cut into ½-inch strips*
- *1 tablespoon soy sauce*
- *¼ cup apple cider vinegar*
- *1 teaspoon yellow or spicy brown mustard*
- *½ teaspoon salt*
- *¼ teaspoon freshly ground black pepper*
- *3 cups shredded romaine lettuce*
- *3 ripe Roma tomatoes, finely chopped*
- *1 large carrot, shredded*
- *1 medium English cucumber, peeled and chopped*
- *1/3 cup minced red onion*
- *¼ cup sliced pitted green olives*
- *4 (10-inch) whole-grain flour tortillas or lavish flatbread*

Directions: Cook the tofu until golden brown in a large skillet with over medium heat. Sprinkle with soy sauce and set aside to cool. In a small bowl, combine the mustard, vinegar, salt and pepper with the remaining 4 tablespoons oil, stirring to blend well. Set aside. Finish and Serve. Combine the cucumber, onion, lettuce, tomatoes, carrot, and olives in a large bowl. Pour on the dressing. Put 1 tortilla on a work surface and spread with about one-quarter of the salad. Place a few strips of tofu on the tortilla and roll up tightly. Slice in half.

Nutrition: Calories: 190.7, Fat: 16.3g, Protein: 9.9g, Carbs: 0.8g, Fiber: 0.2g

60.Tamari Toasted Almonds

Preparation Time: 2 minutes
Cooking Time: 8 minutes
Servings: ½

Ingredients:

- *½ cup raw almonds, or sunflower seeds*
- *2 tablespoons tamari, or soy sauce*
- *1 teaspoon toasted sesame oil*

Directions: Heat a dry skillet to medium-high heat, then add the almonds, stirring frequently to keep them from burning. Once the almonds are toasted—7-8 minutes for almonds, or 34 minutes for sunflower seeds—pour the tamari and sesame oil into the hot skillet and stir to coat.
You can turn off the heat, and as the almonds cool the tamari mixture will stick and dry on to the nuts.

Nutrition: Calories: 88.7, Fat: 7.5g, Carbs: 3g, Fiber: 2g, Protein: 4.5g

61.Garlic and Cheese Potatoes

Preparation Time: 7 minutes
Cooking Time: 40 minutes
Servings: 4

Ingredients:

- *4 Idaho baking potatoes, halved*
- *1 tbsp. garlic powder*
- *Salt to taste*

- *1/2 cup cheddar cheese, shredded*
- *1 tsp. parsley*

Directions: Toss all your ingredients in a bowl except cheese.
Place the potatoes in a baking dish and sprinkle cheese over top of them. Cook for 40 minutes at 390°F.

Nutrition: Calories: 497.5, Fat: 18.7g, Carbs: 66.8g, Protein: 16.9g

62.Peppers and Hummus

Preparation Time: 15 minutes **Servings: 4**

Ingredients:
- *one 15-ounce can chickpeas, drained and rinsed*
- *juice of 1 lemon, or 1 tablespoon lemon juice*
- *¼ cup tahini*
- *3 tablespoons extra-virgin olive oil*
- *½ teaspoon ground cumin*
- *1 tablespoon water*
- *¼ teaspoon paprika*
- *1 red bell pepper, sliced*
- *1 green bell pepper, sliced*
- *1 orange bell pepper, sliced*

Directions: In a food processor, combine lemon juice, chickpeas, and tahini, 2 tablespoons of the olive oil, the cumin, and water.
Process on high speed until blended for about 30 seconds. Scoop the hummus into a bowl and drizzle with the remaining tablespoon of olive oil. Sprinkle with paprika and serve with sliced bell peppers.

Nutrition: Fat: 9.7g, Protein: 6g, Carbs: 22.1 g

63.Cinnamon Spiced Popcorn

Preparation Time: 10 minutes **Cooking Time: 5 minutes**
Servings: 4

Ingredients:
- *8 cups air-popped corn*
- *2 teaspoons sugar*
- *½ to 1 teaspoon ground cinnamon*
- *Butter-flavored cooking spray*

Directions: Prepare the oven to 350°F and line a shallow roasting pan with foil.
Pop the popcorn using your preferred method.
Spread the popcorn in the roasting pan and mix the sugar and cinnamon in a small bowl.
Lightly spray the popcorn with cooking spray and toss to coat evenly.
Sprinkle with cinnamon and toss again. Cook for 5 minutes until just crisp then serve warm.

Nutrition: Calories: 69.5, Fat: 0.7g, Carbs: 14.1g, Protein: 2.7g, Sugar: 1.6g, Fiber: 2.5g

64.Peanut Butter Banana Ice Cream

Preparation Time: 10 minutes **Servings: 6**

Ingredients:
- *4 medium bananas*
- *½ cup whipped peanut butter*
- *1 teaspoon vanilla extract*

Directions: Peel the bananas and slice them into coins.
Arrange the slices on a plate and freeze until solid. Put the frozen bananas in a food processor.
Add the peanut butter and pulse until it is mostly smooth.
Scrape down the sides then add the vanilla extract. Pulse until smooth then spoon into bowls to serve.

Nutrition: Calories: 164.5, Fat: 7.7g, Carbs: 20.7g, Protein: 5.4g, Sugar: 10.5g, Fiber: 3.4g

65.Apple Oat Muffins

Preparation Time: 5 minutes **Cooking Time: 25 minutes**
Servings: 24

Ingredients:
- *1 ½ cups old-fashioned oats*
- *1 teaspoon baking powder*
- *½ teaspoon ground cinnamon*

- *¼ teaspoon baking soda*
- *¼ teaspoon salt*
- *½ cup unsweetened applesauce*
- *¼ cup light brown sugar*
- *3 tablespoons canola oil*
- *3 tablespoons water*
- *1 teaspoon vanilla extract*
- *½ cup slivered almonds*

Directions: Prepare the oven to 350°F and grease a mini muffin pan. Place the oats in a food processor and pulse into a fine flour. Add the baking powder, cinnamon, baking soda, and salt.
Pulse until well combined then add the applesauce, brown sugar, canola oil, water, and vanilla then blend smooth.
Fold in the almonds and spoon the mixture into the muffin pan.
Bake for 25 minutes until a knife inserted in the center comes out clean.
Cool the muffins for 5 minutes then turn out onto a wire rack.

Nutrition: Calories: 59.5, Fat: 2.6g, Carbs: 6.5g, Protein: 1.9g, Sugar: 1.6g, Fiber: 0.9g

66.Pumpkin Spice Snack Balls

Preparation Time: 15 minutes **Cooking Time: 10 minutes**
Servings: 10

Ingredients:
- *1 ½ cups old-fashioned oats*
- *½ cup chopped almonds*
- *½ cup unsweetened shredded coconut*
- *¾ cup canned pumpkin puree*
- *2 tablespoons honey*
- *2 teaspoons pumpkin pie spice*
- *¼ teaspoon salt*

Directions: Prepare the oven to 300°F and line a baking sheet with parchment.
Combine the oats, almonds, and coconut on the baking sheet.
Bake for 10 minutes until browned, stirring halfway through.
Place the pumpkin, honey, pumpkin pie spice, and salt in a medium bowl.
Stir in the toasted oat mixture. Shape the mixture into 20 balls by hand and place on a tray.
Chill until the balls are firm then serve.

Nutrition: Calories: 169.6, Fat: 9.1g, Carbs: 17.1g, Protein: 4.2g, Sugar: 4.5g, Fiber: 4.1g

67.Cinnamon Toasted Almonds

Preparation Time: 5 minutes **Cooking Time: 25 minutes**
Servings: 8

Ingredients:
- *2 cups whole almonds*
- *1 tablespoon olive oil*
- *1 teaspoon ground cinnamon*
- *½ teaspoon salt*

Directions: Prepare the oven to 325°F and line a baking sheet with parchment.
Toss together the almonds, olive oil, cinnamon, and salt. Spread the almonds on the baking sheet in a single layer. Bake for 25 minutes, stirring several times, until toasted.

Nutrition: Calories: 149.2, Fat: 13.1g, Carbs: 4.7g, Protein: 5.6g, Sugar: 1g, Fiber: 3.1g

68.Whole-Wheat Pumpkin Muffins

Preparation Time: 15 minutes **Cooking Time: 15 minutes**
Servings: 36

Ingredients:
- *1 ¾ cup whole-wheat flour*
- *1 teaspoon baking powder*
- *1 teaspoon baking soda*
- *1 teaspoon ground cinnamon*
- *1 teaspoon pumpkin pie spice*
- *½ teaspoon salt*
- *2 large eggs*
- *1 cup canned pumpkin puree*
- *1/3 cup unsweetened applesauce*
- *¼ cup light brown sugar*
- *1 teaspoon vanilla extract*
- *1/3 cup fat-free milk*
- *Liquid stevia extract, to taste*

Directions: Prepare the oven to 350°F and grease two 24-cup mini muffin pans with cooking spray.
Combine together the baking soda, flour, baking powder, cinnamon, pumpkin pie spice, and salt in a large mixing bowl. In an another bowl, whisk together the eggs, pumpkin, applesauce, brown sugar, vanilla extract, and milk.
Stir the wet ingredients into the dry until well combined.
Adjust sweetness to taste with liquid stevia extract, if desired.

Spoon the batter into 36 cups and bake for 12 to 15 minutes until cooked through.

Nutrition: Calories: 34.6, Fat: 0.5g, Carbs: 6.1g, Protein: 1.8g, Sugar: 1.1g, Fiber: 0.9g

69.Caramel Popcorn

Preparation Time: 15 minutes
Servings: 20

Cooking Time: 10 Minutes

Ingredients:

- *1 cup butter*
- *2 cups brown sugar*
- *1/2 cup corn syrup*
- *1 tsp. salt*
- *1/2 tsp. baking soda*
- *1 tsp. vanilla extract*
- *5 quarts popped popcorn*

Directions: Start preheating the oven to 250°F. In a very big bowl, put popcorn.
Melt butter over medium heat in a medium-sized saucepan. Mix in salt, corn syrup, and brown sugar. Boil it, tossing continually. Boil without tossing for 4 minutes. Take away from the heat and mix in vanilla and soda. Add to the popcorn in a thin flow, tossing to blend.
Put in 2 big shallow cookie sheets and bake in the preheated oven for 1 hour, tossing every 15 minutes. Take out of the oven and let cool fully and then crumble into chunks.

Nutrition: Calories: 252.4, Carbs: 32.1g, Fat: 13.5g, Protein: 1.4g

70.Cheese Berry Fat Bomb

Preparation Time: 15 minutes
Servings: 12

Cooking Time: 5 minutes

Ingredients:

- *1 cup fresh berries, wash*
- *1/2 cup coconut oil*
- *1 1/2 cup cream cheese, softened*
- *1 tbsp. vanilla*
- *2 tbsp. swerve*

Directions: Put all ingredients to the blender and blend until smooth and combined.
Spoon mixture into small candy molds and refrigerate until set. Serve and enjoy.

Nutrition: Calories: 174.7, Fat: 16.7g, Carbs: 1.5g, Sugar: 0.8g, Protein: 2.7g

71.Pumpkin and Banana Ice Cream

Preparation Time: 15 minutes
Servings: 4

Cooking Time: 10 minutes

Ingredients:

- *15 oz. pumpkin puree*
- *4 bananas, sliced and frozen*
- *1 teaspoon pumpkin pie spice*
- *Chopped pecans*

Directions: Add pumpkin puree, bananas and pumpkin pie spice in a food processor.
Pulse until smooth. Chill in the refrigerator. Garnish with pecans.

Nutrition: Calories: 70.5, Fat: 0.4g, Carbs: 17.6g, Protein: 1.7g

72.Parmesan Crisps

Preparation Time: 5 minutes
Servings: 2

Cooking Time: 3 minutes

Ingredients:

- *1 cup grated Parmesan cheese*

Directions: Preheat the oven to 400° F. Line a rimmed baking sheet with parchment paper.
Spread the Parmesan on the prepared baking sheet into 4 mounds, spreading each mound out so it is flat but not touching the others. Bake until brown and crisp for 3 minutes.
Cool for 5 minutes. Use a spatula to remove to a plate to continue cooling.

Nutrition: Calories: 217, Fat: 13.1g, Protein: 19.3g, Carbs: 2g, Sugar: 1.3g

73.Caprese Skewers

Preparation Time: 5 minutes **Servings: 2**

Ingredients:

- *12 cherry tomatoes*
- *8 (1-inch) pieces Mozzarella cheese*
- *12 basil leaves*
- *¼ cup Italian vinaigrette, for serving*

Directions: Thread the tomatoes, cheese, and bay leaves alternatively through the skewers. Put the skewers on a large plate and baste with the Italian Vinaigrette. Serve immediately.

Nutrition: Calories: 229, Fat: 11.6g, Protein: 21.4g, Carbs: 8.4g, Fiber: 1.8g, Sugar: 4.6g

74.Guacamole Turkey Burgers

Preparation Time: 10 minutes **Cooking Time: 15 minutes**
Servings: 3

Ingredients:

- *12 oz. turkey, ground*
- *1-1/2 avocados*
- *2 teaspoons of juice from a lime*
- *½ teaspoon cumin*
- *1 red chili, chopped*
- *What you will need from the store cupboard:*
- *½ teaspoon garlic powder*
- *½ teaspoon onion powder*
- *3 teaspoons of olive oil*
- *½ teaspoon salt*

Directions: Mix the turkey with the cumin, chili, salt, garlic powder, and onion powder in a medium-sized bowl. Create 3 patties.
Pour 3 teaspoons olive oil in a skillet and heat over medium heat. So, cook the patties. Make sure that both sides are brown. Make the guacamole in the meantime.
Mash together the garlic powder, juice from lime and avocados in a bowl. Add salt for seasoning.
Serve the burgers with guacamole on the patties.

Nutrition: Calories 317, Carbs 8.7g, Fiber 8g, Fat 18.7g, Protein 23.2g

75.Mashed Cauliflower

Preparation Time: 5 minutes **Cooking Time: 10 minutes**
Servings: 6

Ingredients:

- *1 cauliflower head*
- *1/8 cup plain yogurt, skim milk or butter*
- *1 red chili, diced*
- *1 tomato, sliced*
- *½ chopped onion*
- *What you will need from the store cupboard:*
- *1 garlic clove, optional*
- *Salt and pepper*
- *Paprika to taste*

Directions: Steam the cauliflower till it becomes tender. You can steam with a garlic clove as well.
So cut the cauliflower into small pieces. Keep in a blender with yogurt, butter or milk. Season with pepper and salt. Whip until it gets smooth. Pour the cauliflower into a small baking dish. Sprinkle the paprika.
Bake in the oven at 425°F till it becomes bubbly.

Nutrition: Calories 56, Carbs 11.2g, Fat 0g, Protein 4.1g, Fiber 5g, Sugar 5g

76.Lettuce Turkey Wrap

Preparation Time: 5 minutes **Cooking Time: 10 minutes**
Servings: 2

Ingredients:

- *8 oz. turkey, sliced*
- *½ avocado, sliced*
- *4 slices of cooked bacon*
- *1 sliced tomato*
- *4 romaine lettuce, washed and dried*
- *What you will need from the store cupboard:*
- *Salt and pepper to taste*

Directions: Keep 2 of the 4 romaine lettuce leaves on a plate. First, keep the turkey on the lettuce. Then keep the tomato, bacon, and avocado. Add the remaining lettuce leaves as topping and roll.

Nutrition: Calories 298, Carbs 9.1g, Fat 15.8g, Protein 30.3g, Fiber 4g, Sugar 2.1g

77.Bruschetta

Preparation Time: 5 minutes
Servings: 2

Cooking Time: 10 minutes

Ingredients:

- *4 slices of Italian bread*
- *1 cup chopped tomato tea*
- *1 cup grated mozzarella tea*
- *Olive oil*
- *Oregano, salt, and pepper*
- *4 fresh basil leaves*

Directions: Preheat the air fryer. Set the timer of 5 minutes and the temperature to 375°F. Sprinkle the slices of Italian bread with olive oil. Divide the chopped tomatoes and mozzarella between the slices. Season with salt, pepper, and oregano. Put oil in the filling. Put a basil leaf on top of each slice. Put the bruschetta in the basket of the air fryer being careful not to spill the filling. Set the timer of 5 minutes, set the temperature to 370°F, and press the power button. Transfer the bruschetta to a plate and serve.

Nutrition: Calories: 433, Fat: 13.5g Carbs: 61g, Protein: 11.3g, Sugar: 7.7g

78.Cauliflower Potato Mash

Preparation Time: 30 minutes
Servings: 4

Cooking Time: 5 minutes

Ingredients:

- *2 cups potatoes, peeled and cubed*
- *2 tbsp. butter*
- *¼ cup milk*
- *10 oz. cauliflower florets*
- *¾ tsp. salt*

Directions: Add water to the saucepan and bring to boil. Reduce heat and simmer for 10 minutes.
Drain vegetables well. Transfer vegetables, butter, milk, and salt in a blender and blend until smooth.

Nutrition: Calories 127, Fat 5.2g, Sugar 3.1g, Protein 3.4g

79.Almond Flour Crackers

Preparation Time: 5 minutes
Servings: 8

Cooking Time: 15 minutes

Ingredients:

- *½ cup coconut oil, melted*
- *What you'll need from the store cupboard*
- *1 ½ cups almond flour*
- *¼ cup Stevia*

Directions: Prepare the oven to 350 degrees F. Line a cookie sheet with parchment paper.
In a mixing bowl, combine all Ingredients and mix well.
Spread dough onto prepared cookie sheet, ¼-inch thick. Use a paring knife to score into 24 crackers.
Bake 15 minutes or until golden brown. Separate and store in air-tight container.

Nutrition: Calories: 282, Carbs: 15.7g, Protein: 4.2g, Fat: 22.2g, Sugar: 11g, Fiber: 2g

80.Banana Nut Cookies

Preparation Time: 10 minutes
Servings: 18

Cooking Time: 15 minutes

Ingredients:

- *1 ½ cup banana, mashed*
- *What you'll need from store cupboard:*
- *2 cup oats*
- *1 cup raisins*
- *1 cup walnuts*
- *1/3 cup sunflower oil*
- *1 tsp. vanilla*
- *½ tsp. salt*

Directions: Heat oven to 350 degrees F.
In a large bowl, combine oats, raisins, walnuts, and salt.
In a medium bowl, mix banana, oil, and vanilla. Stir into oat mixture until combined. Let rest 15 minutes.

Drop by rounded tablespoonful onto 2 ungreased cookie sheets. Bake 15 minutes, or until a light golden brown. Cool and store in an airtight container. Serving size is 2 cookies.

Nutrition: Calories 147.7, Carbs 15.7g, Protein 3.2g, Fat 8.7g, Sugar 5.7g, Fiber 2g

81. Buffalo Bites

Preparation Time: 5 minutes
Servings: 4

Cooking Time: 8 minutes

Ingredients:

- *1 egg*
- *½ head of cauliflower, separated into florets*
- *What you'll need from store cupboard:*
- *1 cup panko bread crumbs*
- *1 cup low-fat ranch dressing*
- *½ cup hot sauce*
- *½ tsp salt*
- *½ tsp garlic powder*
- *Black pepper*
- *Nonstick cooking spray*

Directions: Prepare the oven to 400 degrees F. Spray a baking sheet with cooking spray.
Place the egg in a medium bowl and mix in the salt, pepper and garlic. Place the panko crumbs into a small bowl. Dip the florets first in the egg then into the panko crumbs. Put in a single layer on prepared pan.
Cook for 8 minutes, stirring halfway through, until cauliflower is golden brown and crisp on the outside.
In a small bowl stir the dressing and hot sauce together. Use for dipping.

Nutrition: Calories: 131, Carbs: 14.6g, Protein: 6.2g, Fat: 4.6g, Sugar: 3.6g, Fiber: 1g

82. Cauliflower Hummus

Preparation Time: 5 minutes
Servings 6

Cooking Time: 15 minutes

Ingredients:

- *3 cup cauliflower florets*
- *3 tbsp. fresh lemon juice*
- *5 cloves garlic, divided*
- *5 tbsp. olive oil, divided*
- *2 tbsp. water*
- *1 ½ tbsp. Tahini paste*
- *Smoked paprika and extra olive oil for serving*
- *1 ¼ tsp salt, divided*

Directions: In a microwave safe bowl, combine cauliflower, water, 2 tablespoons oil, ½ teaspoon salt, and 3 whole cloves garlic. Microwave on high 15 minutes, or until cauliflower is soft and darkened.
Transfer mixture to a food processor or blender and process until almost smooth. Add tahini paste, lemon juice, remaining garlic cloves, remaining oil, and salt. Blend until almost smooth.
Put the hummus in a bowl and drizzle lightly with olive oil and a sprinkle or two of paprika. Serve with your favorite raw vegetables.

Nutrition: Calories: 106, Carbs: 5.1g, Protein: 2g, Fat: 9.6g, Sugar: 0.9g, Fiber: 2g

83. Cheesy Onion Dip

Preparation Time: 5 minutes
Servings: 8

Cooking Time: 5 minutes

Ingredients:

- *8 oz. low fat cream cheese, soft*
- *1 cup onions, grated*
- *1 cup low fat Swiss cheese, grated*
- *1 cup lite mayonnaise*

Directions: Heat oven to broil.
Combine all Ingredients in a small casserole dish. Microwave on high, stirring every 30 seconds, until cheese is melted and Ingredients are combined.
Put under the broiler for 1-2 minutes until the top is nicely browned. Serve warm with vegetables for dipping.

Nutrition: Calories: 157, Carbs: 4.8g, Protein: 9.3g, Fat: 10.8g, Sugar: 1g, Fiber: 0g

84.Chewy Granola Bars

Preparation Time: 10 minutes **Cooking Time: 35 minutes**
Servings: 36

Ingredients:

- *1 egg, beaten*
- *2/3 cup margarine, melted*
- *3 ½ cup quick oats*
- *1 cup almonds, chopped*
- *Nonstick cooking spray*
- *½ cup honey*
- *½ cup sunflower kernels*
- *½ cup coconut, unsweetened*
- *½ cup dried apples*
- *½ cup dried cranberries*
- *½ cup Splenda brown sugar*
- *1 tsp vanilla*
- *½ tsp cinnamon*

Directions: Prepare the oven to 350 degrees F. Spray a large baking sheet with cooking spray.
Spread oats and almonds on prepared pan. Bake 12 minutes until toasted, stirring every few minutes.
In a large bowl, combine egg, honey, margarine, and vanilla. Stir in remaining Ingredients.
Stir in oat mixture. Press into baking sheet and bake 13 minutes.
Cool on a wire rack. Cut into bars and store in an airtight container.

Nutrition: Calories: 118, Carbs: 12.6g, Protein: 2.2g, Fat: 5.8g, Sugar: 6.7g, Fiber: 1g

85.Cinnamon Apple Chips

Preparation Time: 5 minutes **Cooking Time: 10 minutes**
Servings: 2

Ingredients:

- *1 medium apple, sliced thin*
- *¼ tsp cinnamon*
- *¼ tsp nutmeg*
- *Nonstick cooking spray*

Directions: Heat oven to 375°F. Spray a baking sheet with cooking spray.
Put apples in a mixing bowl and add spices. Toss to coat.
Arrange apples, in a single layer, on prepared pan. Bake 4 minutes, turn apples over and bake 4 minutes more.
Serve immediately or store in airtight container.

Nutrition: Calories: 59, Carbs: 14.8g, Protein: 0g, Fat: 0g, Sugar: 10.9g, Fiber: 3g

Poultry

86.Chicken Salad for Diabetics

Preparation Time: 5 minutes **Cooking Time: 25 minutes**
Servings: 6

Ingredients:

For chicken:

- *Two pounds boneless chicken thighs*
- *Olive oil spray*
- *Half tablespoon pepper*
- *Half tablespoon garlic powder*
- *Half tablespoon onion powder*
- *Half tablespoon salt*

For salad:

- *Three cups kale, chopped into slices*
- *One cup Brussel sprouts, chopped into slices*
- *One cup purple cabbage, sliced*
- *One carrot, sliced thinly*
- *One thinly sliced red onion*
- *One thinly sliced small stalk of fennel*
- *One cucumber, chopped into bite-sized pieces*
- *One-quarter cup pomegranate seeds*
- *One diced tomato*
- *A quarter cup crumbled feta*

For Vinaigrette:

- *A quarter cup extra virgin olive oil*
- *One and a half lemons' juice*
- *One tablespoon minced fennel*
- *Salt and pepper to taste*

Directions: Preheat the oven to 375°F. Spray a small pan with olive oil and spread the seasonings on the chicken thighs on both sides.
Put in a skillet and cook for 30 minutes or until the thickest section of the thigh is 165°F. Enable to cool and put aside.
Prepare the salad ingredients when the chicken is cooking. Chop the cabbage, the sprouts, cucumber, purple cabbage, red onion, and fennel. Cut the tomato into dices. Combine the ingredients in a big bowl, then put them in the fridge.
Combine all the vinaigrette ingredients and mix well. Put in the fridge until necessary.
Chop the chicken into bite-sized bits, and put over the salad. Drizzle and toss in the vinaigrette.

Nutrition: Calories 321, Fat 16.2 g, Carbs 13.7 g, Protein 30.4 g, Sugar 5 g

87.Turkey-Broccoli Casserole

Preparation Time: 10 minutes
Servings: 6

Cooking Time: 20 minutes

Ingredients:

- *2-1/2 cups turkey breast, cubed and cooked*
- *16 oz. broccoli, chopped and drained*
- *1-1/2 cups of milk, fat-free*
- *1 cup cheddar cheese, low-fat, shredded*
- *10 oz. cream of chicken soup. low sodium and low fat*
- *8 oz. egg substitute*
- *¼ teaspoon of poultry seasoning*
- *¼ cup of sour cream, low fat*
- *½ teaspoon pepper*
- *1/8 teaspoon salt*
- *2 cups of seasoned stuffing cubes*
- *Cooking spray*

Directions: Bring together the egg substitute, soup, milk, pepper, sour cream, salt, and poultry seasoning in a big bowl.
Stir in the broccoli, turkey, ¾ cup of cheese and stuffing cubes. Transfer to a baking dish. Apply cooking spray. Bake for 10 minutes. Sprinkle the remaining cheese. Bake for another 5 minutes. Keep it aside for 5 minutes.

Nutrition: Calories 302, Carbs 25g, Fiber 3g, Sugar 0.9g, Fat 6.7g, Protein 33.8g

88.Chicken Tenders and Vegetables

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 18 minutes

Ingredients:

- *1 lb. (454 g.) chicken tenders*
- *1 tbsp. honey*
- *Pinch salt*
- *Freshly ground black pepper, to taste*
- *1/2 cup soft fresh breadcrumbs*
- *1/2 tsp. thyme, dried*
- *1 tbsp. olive oil*
- *2 carrots, sliced*
- *12 small red potatoes*

Directions: Toss the chicken tenders with honey, salt, and pepper in a medium bowl.
In a shallow bowl, combine the breadcrumbs, thyme, and olive oil, and mix.
Coat the tenders in the breadcrumbs, pressing firmly onto the meat.
Place the carrots and potatoes in the air fryer basket and top with the chicken tenders.
Roast at 380°F for 18 minutes or until the chicken is cooked and the vegetables are tender; shake the basket halfway during the cooking time.

Nutrition Calories: 369, Fat: 7.7g, Protein: 40.7g, Carbs: 33.7g, Fiber: 3g, Sugar: 8.9g

89.Turkish Marinated Chicken

Preparation Time: 10 Minutes
Servings: 4

Cooking Time: 15 minutes

Ingredients:

- *4-6 chicken breasts, boneless, skinless*

For the marinade:

- *1 tablespoon dried oregano*
- *1 tablespoon garlic, minced*
- *1 tablespoon red wine vinegar*
- *1 teaspoon dried thyme*
- *1/2 cup lemon juice, freshly squeezed*
- *1/2 cup olive oil*

Directions: If there are any visible fat on the chicken, trim them off. Cut each breast into 5-6 pieces 1-inch thick crosswise strips. Put them in a Ziploc bag or a container with tight lid.
Whisk the marinade ingredients together until combined. Pour into the bag or container with the chicken, seal, and shake the bag or the container to coat the chicken. Marinade for 7 to 8 hours or more in the refrigerator.
When marinated, remove the chicken from the fridge, let thaw to room temperature, and drain; discard the marinade. Thread the chicken strips into skewers, about 6 pieces on each skewer, the meat folded over to it would not spin around on the skewers.
Mist the grill with olive oil. Prepare the charcoal or gas grill to medium high.
Grill the skewers for about 12-15 minutes, turning once as soon as you see grill marks.

Nutrition: Calories: 359, Fat 25.4g, Carbs 2.9g, Protein 30.3g

90.Orange Chicken

Preparation Time: 15 minutes
Cooking Time: 15 minutes
Servings: 4

Ingredients:

- *Four pieces of boneless skinless breast cut into halves*
- *Two tablespoons olive oil*
- *Two cups of water*
- *One tablespoon Corn starch*
- *One container Wal-Mart Sugar-Free Drink Mix*

Directions: Clean and cut any extra fat from the chicken and slice into bite-sized parts.
In a covered skillet or electric oven, put the chicken, oil, and drink mix. Cook for 15 minutes on low heat.
Meanwhile, dissolve limited quantities of water with corn starch. Stir in the orange sauce and boil until the mixture thickens. Insert the chicken and stir until it's covered.

Nutrition: Calories 139, Protein 22.7g, Carbs 0.7g, Fat 2.8g

91.Sausage Strata

Preparation Time: 20 minutes
Cooking Time: 1 hour
Servings: 8

Ingredients:

- *Cooking spray*
- *One lb. chicken sausages*
- *Two cups of milk*
- *One and a half cup egg substitute*
- *Three-quarters shredded low-fat cheddar cheese*
- *Eight slices whole grain bread. Remove crusts and cut into cubes*
- *One and a half cup of roasted tomatillo salsa*

Directions: Remove and discard casings of sausage. Crumble the sausage and sauté over medium heat in a non-stick pan until uniformly browned, stirring and using a wooden spoon to break up any big clumps. Move the browned sausage to a plate filled with paper towels to drain properly by using a slotted spoon.
Stir together the milk and egg replacement in a one-quart mixing cup. Cover a two-quart casserole platter lightly with cooking oil. Place a quarter cup of shredded cheese in a plastic bag for self-sealing. And refrigerate. (You will save this when you bake it, to sprinkle on top.) Layer the bottom of the casserole dish with one-third of the bread cubes. Add half of the browned sausage and a fourth of the melted cheese to the top. Pour over the top one cup of the milk-egg mixture.
The layers are repeated (one-third of the bread, the rest of the sausage, a quarter of a cup of shredded cheese).
Put on the rest of the bread for the last layer and then dump over the remaining one and a half cup of the milk-egg mixture. Cover with salsa of tomatillo.
Cover overnight with plastic wrap and refrigerate.
Heat the oven to 350 ° F, open the casserole, and sprinkle the surface with the reserved shredded cheese. Bake for about 50 to 60 minutes until the strata start to bubble and turn golden brown. The inserted knife must come out easily. Remove from the oven and let it remain there for additional ten minutes. Then serve.

Nutrition: Calories 366, Protein 21.3g, Carbs 13.4g, Fat 25.1g

92.Herbed Roasted Chicken Breasts

Preparation Time: 5 minutes
Cooking Time: 50 minutes
Servings: 4

Ingredients:

- *2 tablespoons extra virgin olive oil*
- *2 tablespoons chopped parsley*
- *2 tablespoons chopped cilantro*
- *teaspoon dried oregano*
- *1 teaspoon dried basil*
- *tablespoons lemon juice*
- *Salt and pepper to taste*
- *chicken breasts*

Directions: Combine the oil, parsley, cilantro, oregano, basil, lemon juice, salt and pepper in a bowl.
Spread this mixture over the chicken and rub it well into the meat. Place in a dish baking pan and cover with aluminum foil. Cook in the preheated oven at 350°F for 20 minutes then remove the foil and cook for 25 additional minutes. Serve the chicken warm and fresh with your favorite side dish.

Nutrition: Calories: 331, Fat: 14g; Protein: 40.2g; Carbs: 0.9g

93.Chicken and Veggie Kabobs

Preparation Time: 20 minutes
Servings: 8

Cooking Time: 10 minutes

Ingredients:

- *¼ cup white vinegar*
- *¼ cup fresh lemon juice*
- *¼ cup olive oil*
- *2 garlic cloves, minced*
- *½ teaspoon dried thyme, crushed*
- *½ teaspoon dried oregano, crushed*
- *1 teaspoon ground cumin*
- *Salt and ground black pepper, as required*
- *2 pounds skinless, boneless chicken breast, cubed into ½-inch size*
- *1 large orange bell pepper, seeded and cubed into 1-inch size*
- *1 large green bell pepper, seeded and cubed into 1-inch size*
- *16 fresh mushrooms*
- *16 cherry tomatoes*
- *1 large red onion, quartered and separated into pieces*

Directions: In a large bowl, add the oil, vinegar, lemon juice, garlic, dried herbs, cumin, black pepper, salt and mix until well combined. Add the chicken cubes and coat with mixture generously.
Refrigerate, covered to marinate for about 2-4 hours.
Preheat the outdoor grill to medium-high heat. Grease the grill grate.
Take the chicken out of the bowl and discard the excess marinade. Thread the chicken and vegetables onto pre-soaked wooden skewers respectively. Grill for about 10 minutes, flipping occasionally or until desired doneness.

Nutrition: Calories 231, Fat 10.5g, Carbs 7.2g, Sugar 3g, Protein 27.1g

94.Grilled Chicken Breasts

Preparation Time: 15 minutes
Servings: 4

Cooking Time: 12 minutes

Ingredients:

- *4 (4-ounce) boneless, skinless chicken breast halves*
- *3 garlic cloves, chopped finely*
- *3 tablespoons fresh parsley, chopped*
- *3 tablespoons olive oil*
- *3 tablespoons lemon juice*
- *1 teaspoon paprika*
- *½ teaspoon dried oregano*
- *Salt and ground black pepper, as required*

Directions: With a fork, pierce chicken breasts several times. In a large bowl, put all the ingredients except the chicken breasts and mix until well combined. Add the chicken breasts and coat with the marinade generously. Refrigerate to marinate for about 2-3 hours. Preheat the grill to medium-high heat. Grease the grill grate.
Take the chicken out of the marinade and grill for about 5-6 minutes per side.

Nutrition: Calories 314, Fat 19.2g, Carbs 1.4g, Sugar 0.3g, Protein 31.2g

95.Grilled Lime Chicken

Preparation Time: 10 minutes
Servings: 8

Cooking Time: 25 minutes

Ingredients:

- *8 (4 oz. each) chicken breast halves, boneless and skinless*
- *1/2 cup lime juice*
- *1/3 cup olive oil*
- *4 green onions, chopped*
- *4 garlic cloves, minced*
- *3 tbsps. chopped fresh dill, divided*
- *1/4 tsp. pepper*

Directions: Flatten the chicken breasts into 1/4-inch. Mix the 2 tbsp. of pepper, dill, garlic, onions, oil, and lime juice in a resealable plastic bag, then add the chicken.
Seal the bag securely and flip to coat, then let it chill in the fridge for 2–4 hours.
Drain and get rid of the marinade. Grill the chicken for 7 minutes per side on medium-hot heat without a cover, or until a thermometer reads 170°F. Sprinkle the leftover dill on top.

Nutrition: Calories: 234, Carbs: 2.8g, Fats: 11g, Protein: 26.6g

96.Baked Coconut Chicken Tenders

Preparation Time: 10 minutes
Servings: 6

Cooking Time: 20 minutes

Ingredients:

- *4 chicken breasts each cut lengthwise into 3 strips*
- *1/2 tsp. salt*
- *1/4 tsp. freshly ground black pepper*
- *1/2 cup coconut flour*
- *2 eggs, beaten*
- *2 tbsp. unsweetened plain almond milk*
- *1 cup unsweetened coconut flakes*

Directions: Preheat the oven to 400ºF. Line a baking sheet with parchment paper. Season the chicken pieces with salt and pepper. Place the coconut flour in a small bowl. Mix the eggs with the almond milk in another bowl; spread the coconut flakes on a plate. Roll the chicken pieces in the flour, then dip the floured chicken in the egg mixture and shake off any excess. Roll in the coconut flakes and transfer to the prepared baking sheet. Bake for 20 minutes, flipping once halfway through until cooked and browned.

Nutrition: Calories 217, Fat: 12.6g, Protein: 20.2g, Carbs: 8g, Fiber: 6g, Sugar: 1.9g

97.Citrus Chicken Thighs

Preparation Time: 15 minutes
Servings: 4

Cooking Time: 30 minutes

Ingredients:

- *1 tbsp. fresh ginger, grated*
- *Sea salt to taste*
- *4 chicken thighs, bone-in, skinless*
- *1 tbsp. extra-virgin olive oil*
- *1/2 orange juice and zest*
- *1/2 lemon juice and zest*
- *1 tbsp. low-sodium soy sauce*
- *Pinch red pepper flakes*
- *2 tbsp. honey*
- *1 tbsp. fresh cilantro, chopped*

Directions: In a large bowl, combine the ginger and salt. Soak the chicken thighs and toss to coat well.
Preheat the olive oil in a non-stick skillet over medium-high heat until shimmering.
Add the chicken thighs and cook for 10 minutes or until well browned. Flip halfway through the Cooking Time.
Meanwhile, combine the orange juice and zest, lemon juice and zest, soy sauce, red pepper flakes, and honey. Stir to mix well. Pour the mixture into the skillet. Reduce the heat to low, then cover and braise for 20 minutes. Add tbsp. of water, if too dry.
Serve the chicken thighs garnished with cilantro.

Nutrition Calories 113, Fat: 5.1g, Protein: 9.2g, Carbs: 8.2g, Fiber: 0g, Sugar: 8.7g

98.Herbed Chicken and Artichoke Hearts

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 20 minutes

Ingredients:

- *2 tbsp. olive oil, divided*
- *4 (6 oz./170 g.) chicken breast halves, boneless, skinless*
- *1/2 tsp. dried thyme, divided*
- *1 tsp. crushed rosemary, dried and divided*
- *1/2 tsp. ground black pepper, divided*
- *2 cans (14 oz./397 g.) water-packed, low-sodium artichoke hearts, drained and quartered*
- *1/2 cup low-sodium chicken broth*
- *2 garlic cloves, chopped*
- *1 medium onion, coarsely chopped*
- *1/4 cup Parmesan cheese, shredded*
- *1 lemon, cut into 8 slices*
- *2 green onions, thinly sliced*

Directions: Preheat the oven to 375ºF. Grease a baking sheet with 1 tsp. of olive oil.
Put the chicken breasts on the baking sheet and rub it with 1/4 tsp. of thyme, 1/2 tsp. of rosemary, 1/4 tsp. of black pepper, and 1 tbsp. of olive oil. Combine the artichoke hearts, chicken broth, garlic, onion, remaining thyme, rosemary, black pepper, and olive oil; toss to coat well.
Spread the artichoke around the chicken breasts, then scatter with Parmesan and lemon slices.
Put the baking sheet in the preheated oven and roast for 20 minutes or until the internal temperature of the chicken breasts reaches at least 165ºF.
Remove the sheet from the oven. Allow to cool for 10 minutes, and serve with green onions on top.

Nutrition: Calories: 338, Fat: 9.1g, Protein: 41g, Carbs: 17.6g, Fiber: 1g, Sugar: 2.2g

99.Roasted Vegetable and Chicken Tortillas

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 20 minutes

Ingredients:

- *1 red bell pepper, seeded and cut into 1-inch-wide strips*
- *1/2 small eggplant, cut into 1/4-inch-thick slices*
- *1/2 small red onion, sliced*
- *1 medium zucchini, cut lengthwise into strips*
- *1 tbsp. extra-virgin olive oil*
- *Salt and freshly ground black pepper, to taste*
- *4 whole-wheat tortilla wraps*
- *2 (8 oz./227 g.) chicken breasts, cooked and sliced*

Directions: Preheat the oven to 400°F. Grease a baking sheet with 1 tbsp. of olive oil.
Place the chicken on the baking sheet and bake in the preheated oven for 24.
Line a baking sheet with aluminum foil. Combine the bell pepper, eggplant, red onion, zucchini, and olive oil in a large bowl; toss to coat well. Pour the vegetables into the baking sheet, then sprinkle them with salt and pepper.
Roast in the oven for 20 minutes or until tender and charred.
Unfold the tortillas on a clean work surface, then divide the vegetables and chicken slices on the tortillas.
Wrap and serve immediately.

Nutrition Calories: 482, Fat: 24.3g, Protein: 21g, Carbs: 43.3g, Fiber: 3g, Sugar: 3.7g

100.Pumpkin, Bean, and Chicken Enchiladas

Preparation Time: 35 minutes
Servings: 4

Cooking Time: 25 minutes

Ingredients:

- *2 tsps. olive oil*
- *1/2 cup onion, chopped*
- *1 jalapeño, seeded and chopped*
- *1 can (15 oz.) pumpkin*
- *1 1/2 cups water, more if needed*
- *1 tsp. chili powder*
- *1/2 tsp. salt*
- *1/2 tsp. ground cumin*
- *1 cup canned no-salt-added red kidney beans, rinsed and drained*
- *1 1/2 cups chicken breast, shredded and cooked*
- *1/2 cup part-skim Mozzarella cheese, shredded*
- *8 (6-inch) whole-wheat tortillas, softened*
- *Salsa and lime wedges*

Directions: Lightly coat a 2-qt. rectangular baking dish with cooking spray and preheat the oven to 400°F.
Preheat the oil over medium heat in a saucepan.
Add the jalapeño and onion and stir-fry until the onion is tender, for 5 minutes.
Stir in cumin, salt, chili powder, 1 1/2 cups water, and pumpkin and heat through. Add more water if needed.
Put the beans in a bowl and mash slightly with a fork. Stir in 1/4 cup of the cheese, the chicken, and half of the pumpkin mixture.
Spoon 1/3 cup bean mixture onto each tortilla. Roll up tortillas and place them in the baking dish (seam sides down). Pour the remaining pumpkin mixture over the enchiladas.
Bake, covered, for 15 minutes. Sprinkle with the remaining 1/4 cup cheese. Bake, uncovered until heated through, for about 10 minutes more.
Serve with salsa and lime wedges.

Nutrition: Calories: 356, Fat: 7.8g, Carbs: 42g, Protein: 28.3g

101.Chicken Sausage Omelets With Spinach

Preparation Time: 20 minutes
Servings: 2

Cooking Time: 10 minutes

Ingredients:

- *2 cups fresh spinach*
- *1/2 pkg. (7 oz.) frozen fully cooked chicken and maple breakfast sausage links thawed and chopped*
- *3 eggs, lightly beaten*
- *2 tbsp. water*
- *1/4 cup part-skim Mozzarella cheese, shredded*
- *2 green onions, green tops only, thinly sliced*
- *1/2 cup grape tomatoes, quartered*
- *1/4 cup fresh basil leaves, thinly sliced*
- *Non-stick cooking spray*

Directions: Coat a skillet with non-stick cooking spray. Heat over medium heat. Add the sausage and spinach. Cook until sausage is heated. Remove from the skillet. In a bowl, whisk together the water and eggs. Add the egg mixture to the skillet and cook until the egg is set and shiny. Spoon spinach and sausage mixture over half of the

omelet; sprinkle with cheese and green onions. Fold the opposite side of the omelet over the sausage mixture. Cook for 1 minute or until filling is heated and cheese is melted. Transfer to a plate and cut in half; transfer half of the omelet to a second plate. Top with tomatoes and basil and serve.

Nutrition: Calories: 251, Fat: 15.5g, Carbs: 5.2g, Protein: 20.8g

102.Turkey Kabob Pitas

Preparation Time: 25 minutes **Cooking Time: 15 minutes**
Servings: 4

Ingredients:

- *1 tsp. whole cumin seeds, lightly crushed*
- *1 cup cucumber, shredded*
- *1/3 cup Roma tomato, seeded and chopped*
- *1/4 cup red onion, slivered*
- *1/4 cup radishes shredded*
- *1/4 cup fresh cilantro, snipped*
- *1/4 tsp. black pepper*
- *1 lb. turkey breast, cut into thin strips*
- *1/4 cup plain fat-free greek yogurt*
- *4 (6-inch) whole-wheat pita bread rounds*

Directions: Soak the wooden skewers in water for 30 minutes. Toast the cumin seeds for 1 minute and transfer them to a bowl. Put the next 6 ingredients to the bowl (through pepper). Mix well.
In another bowl, combine curry blend and turkey. Stir to coat. Thread turkey onto skewers.
Grill kabobs, uncovered for 6–8 minutes or until turkey is no longer pink; turning kabobs occasionally.
Remove turkey from skewers; spread Greek yogurt on pita bread.
Spoon cucumber mixture over yogurt. Top with grilled turkey.

Nutrition: Calories: 341, Fat: 5.7g, Carbs: 36g, Protein: 35.5g

103.Chipotle Lettuce Chicken

Preparation Time: 10 minutes **Cooking Time: 25 minutes**
Servings: 6
Ingredients:

- *1 pound chicken breast, cut into strips*
- *Splash of olive oil*
- *1 red onion, finely sliced*
- *14 ounces tomatoes*
- *1 teaspoon chipotle, chopped*
- *1/2 teaspoon cumin*
- *Pinch of sugar*
- *Lettuce as needed*
- *Fresh coriander leaves*
- *Jalapeno chilies, sliced*
- *Fresh tomato slices for garnish*
- *Lime wedges*

Directions: Take a non-stick frying pan and put it over medium heat. Add oil and heat it up.
Add chicken and cook until brown. Add chipotle, tomatoes, sugar, cumin to the same pan and simmer for 25 minutes until you have a nice sauce.
Transfer the mix to a place. Use lettuce wraps to take a portion of the mixture and serve with a squeeze of lemon.

Nutrition: Calories: 331, Fat: 14.3g, Carbs: 12g, Protein: 34.4g

104.Balsamic and Garlic Chicken Thighs

Preparation Time: 10 minutes **Cooking Time: 35 minutes**
Servings: 6

Ingredients:

- *Chicken thighs (skinless and boneless) – 12 medium*
- *Olive oil – ¼ cup*
- *Balsamic vinegar – ¼ cup*
- *Garlic (minced) – 6 cloves*
- *Italian seasoning – 1 teaspoon*
- *Sea salt – 1 teaspoon*
- *Black pepper – ¼ teaspoon*

Directions: In a large glass mixing bowl and add in the balsamic vinegar, olive oil, minced garlic, salt, pepper, and Italian seasoning. Whisk well to combine.
Add in the chicken and toss until the chicken thighs are well coated with the marinade.
Put the marinated chicken in the refrigerator and let it sit for around 2 hours. Flip halfway to ensure the chicken retains the flavor.
Once the chicken is almost done marinating, preheat the oven by bringing the temperature up to 425 degrees F.
Take a large baking sheet and line it with a parchment paper.

Place the chicken on the lined baking sheet. Make sure you arrange the chicken pieces in a single layer and leave some space between the pieces.
Put the baking sheet into the preheated oven and bake for around 20 minutes. Cook in batches if necessary.
Take the chicken thighs out of the oven and transfer onto a serving platter.

Nutrition: Fat 17.7g, Protein 43.7g, Carbs 3.3g, Sugar 1.5g

105.Creamy Garlic Chicken

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 3 hours 15 minutes

Ingredients:

- *Olive oil – 1 tablespoon*
- *Garlic (minced) – 6 cloves*
- *Heavy cream – 1 cup*
- *Chicken broth – 1/3 cup*
- *Parmesan cheese (grated) – ¾ cup*
- *Chicken breast – 4 large*
- *Italian seasoning – 1 tablespoon*
- *Sea salt – as per taste*
- *Black pepper – as per taste*
- *Sun-dried tomatoes (chopped) – ½ cup*
- *Spinach (chopped) – 2 cups*

Directions: Take a medium-sized saucepan and put it on a medium flame. Pour in the oil and let it heat through.
Once the oil is hot enough, toss in the minced garlic and stir for about 1 minute.
Add the chicken broth and cream to the saucepan; stir well. Once the chicken broth mixture starts to gently simmer, reduce the heat to low and cook for around 10 minutes.
Stir in the parmesan cheese and whisk until the cheese is completely dissolved.
Turn on the slow cooker and place the chicken breasts at the bottom of the cooker. Generously season with black pepper, sea salt, and Italian seasoning. Also, add in the sun-dried tomatoes and give them a nice toss.
Pour the prepared cream and cheese sauce over the chicken and turn on the slow cooker. Cook on high heat for about 4 hours. Once done, use tongs to remove the chicken breast pieces from the slow cooker and place them onto a plate. Set aside.
Now add in the chopped spinach and stir well. Switch the heat to high and cook for a couple of minutes.
Return the cooked chicken to the slow cooker and baste it with liquid. Cook for a minute and put off the flame.
Transfer onto a shallow serving platter and top with sun-dried tomatoes from the sauce.
Serve hot with rice or flatbread of your choice.

Nutrition: Fat 33g, Protein 45.3g, Carbs 9.3g, Sugar 0.9g

106.Bone Broth

Preparation Time: 10 minutes
Servings: 2

Cooking Time: 60 minutes
Appliance: Instant Pot

Ingredients:

- *1 chicken carcass and dripping OR 1 large marrow bone*
- *1 chopped onion*
- *1 stalk chopped celery*
- *1tbsp minced garlic*
- *1tbsp bouillon powder*

Directions: Place the chicken, onion, and celery in your Instant Pot. Cover with 2 cups of water.
Seal and cook on Manual, high pressure, for 60 minutes. Release the pressure naturally. Strain the solids out.
Add the garlic and bouillon.

Nutrition: Calories: 37, Carbs: 2.2g, Sugar: 0.1g, Fat: 2.1g, Protein: 3g

107.Chicken Wings Chinese Style

Preparation Time: 5 minutes
Servings: 3

Cooking Time: 30 minutes

Ingredients:

- *24 chicken wings*
- *What you'll need from store cupboard:*
- *6 tbsp. soy sauce*
- *6 tbsp. Chinese 5 spice*
- *Salt & pepper*
- *Nonstick cooking spray*

Directions: Heat oven to 350 degrees F. Spray a baking sheet with cooking spray.
Combine the soy sauce, 5 spice, salt, and pepper in a large bowl. Add the wings and toss to coat.

Pour the wings onto the prepared pan. Bake 15 minutes. Turn chicken over and cook another 15 minutes until chicken is cooked through.
Serve with your favorite low carb dipping sauce.

Nutrition: Calories 177, Carbs 8.2g, Protein 11.1g, Fat 10.3g, Sugar 1g, Fiber 0

108.Turkey Meatballs

Preparation Time: 10 minutes
Cooking Time: 20 minutes
Servings: 4

Ingredients:

- *1/4 cup tomato paste*
- *1 tablespoon honey*
- *1 tablespoon Worcestershire sauce*
- *1/2 cup milk*
- *1/2 cup whole-wheat bread crumbs*
- *1 pound ground turkey*
- *1 onion, grated*
- *1 tablespoon Dijon mustard*
- *1 teaspoon dried thyme*
- *1/2 teaspoon sea salt*

Directions: Preheat the oven to 375°F. Set a rimmed baking sheet with parchment paper.
In a small saucepan on medium-low heat, whisk together the tomato paste, honey, and Worcestershire sauce. Bring to a boil and then remove from heat.
In a large bowl, combine the milk and bread crumbs. Let rest for 5 minutes.
Add the ground turkey, onion, mustard, thyme, and salt. Using your hands, mix well without over mixing.
Form into 1-inch meatballs and set on the prepared baking sheet. Brush the tops with the tomato paste mixture and then, bake about 15 minutes.

Nutrition: Calories: 284, Fat: 12g, Carbs: 21g, Fiber: 2g, Protein: 24.5g

109.Balsamic Roast Chicken

Preparation Time: 10 minutes
Cooking Time: 1 hour
Servings: 8

Ingredients:

- *One whole chicken, about 4 pounds*
- *One tablespoon fresh rosemary or*
- *1 teaspoon dried rosemary*
- *One garlic clove*
- *One tablespoon olive oil*
- *Freshly ground black pepper(1/8 teaspoon)*
- *Eight sprigs fresh rosemary*
- *Half cup balsamic vinegar*

Directions: Prepare the oven to 350° F. Mince the rosemary and garlic together. Strip the meat from the skin of the chicken and massage the flesh with the olive oil and then the herb mixture. Using black pepper to sprinkle. Add two sprigs of rosemary into the chicken cavity. Truss the chicken.
Put the chicken in a roasting pan and roast for 20 to 25 minutes per pound, around One hour and Twenty minutes, the entire chicken should be baked at an internal minimum temperature of 165 F. Baste pan juices frequently. Move the chicken to a serving platter when the chicken is browned and the juices run clear. Combine the balsamic vinegar and the brown sugar in a shallow saucepan. Heat until hot and brown sugar is dissolved in the mixture, but don't boil. Carve the chicken and gently pull the skin. With the vinegar mixture, top the pieces. Use the remaining rosemary to garnish. Then serve immediately.

Nutrition: Protein: 43.2g, Carbs: 2.7g, Calories: 300.8, Fat: 12.7g

110.One-Pan Tex Mex

Preparation Time: 5 minutes
Cooking Time: 10 minutes
Servings: 4

Ingredients:

- *1/3 c. baby corn, canned*
- *1/3 c. cilantro, chopped and separated*
- *1/2 c. chicken stock*
- *1/2 c. diced tomatoes & green chiles*
- *1/2 tsp. garlic powder*
- *1/2 tsp. oregano*
- *1 tsp. cumin*
- *2 c. cauliflower, riced*
- *2 c. chicken breast, cooked & diced*
- *2 c. Mexican cheese blend, shredded*
- *2 tbsp. extra virgin olive oil*
- *2 tsp. chili powder*

Directions: Slice baby corn into small pieces and set aside. Press any liquid out of the riced cauliflower and set aside. Heat the oil and sauté the cauliflower rice for about two minutes.
Add all ingredients except for the cheese and cilantro and stir well to cook. Stir in about half of the cilantro and allow the flavors to meld. Stir about half the cheese into the mix and stir until melted and combined.
Serve and top with remaining cheese and cilantro for garnish!

Nutrition: Calories: 344.7, Fat: 25.8g, Carbs: 6.9g, Protein: 38.3g

111.Margarita Chicken Dip

Preparation Time: 15 minutes
Servings: 12

Cooking Time: 1 hour
Appliance: Slow Cooker

Ingredients:

- *2 ½ cup Monterrey jack cheese, grated*
- *1 ½ cup chicken, cooked and shredded*
- *1 ½ blocks cream cheese, soft, cut into cubes*
- *¼ cup fresh lime juice*
- *2 tbsp. fresh orange juice*
- *2 tbsp. Pico de Gallo*
- *1 tbsp. lime zest*

What you'll need from store cupboard:

- *¼ cup tequila*
- *2 cloves garlic, diced fine*
- *1 tsp cumin*
- *1 tsp salt*

Directions: Place the cream cheese on bottom of crock pot. Top with chicken, then grated cheese. Add remaining Ingredients, except the Pico de Gallo.
Cover and cook on low 60 minutes. Stir the dip occasionally to combine Ingredients.
When dip is done transfer to serving bowl. Top with Pico de Gallo and serve with tortilla chips.

Nutrition: Calories: 168.7, Carbs: 4.6g, Protein: 14.5g, Fat: 7.9g, Sugar: 0.8g, Fiber: 0g

112.Shredded Turkey

Preparation Time: 10 minutes
Servings: 24

Cooking Time: 7 hours 10 minutes
Appliance: Slow Cooker

Ingredients:

- *4 lbs. turkey breast, skinless, boneless, and halves*
- *1/2 cup butter, cubed*
- *12 oz. chicken stock*
- *1 envelope onion soup mix*

Directions: Place turkey breast into the slow cooker.
Combine together butter, chicken stock, and onion soup mix and pour over turkey breast.
Cover slow cooker with lid and cook on low for 8 hours.
Shred turkey breast with a fork and serve.
Nutrition: Calories: 112.8, Fat: 4.9g, Carbs: 2.8g, Sugar: 2.1g, Protein: 13.7g

Red Meat

113.Lamb Chops with Veggies

Preparation Time: 20 minutes **Cooking Time: 25 minutes**
Servings: 4

Ingredients:

- *8 (4-ounce) lamb loin chops*
- *½ cup fresh basil leaves*
- *½ cup fresh mint leaves*
- *1 tablespoon fresh rosemary leaves*
- *2 garlic cloves*
- *3 tablespoons olive oil*
- *2 zucchinis, sliced*
- *1 red bell pepper, seeded and cut into large chucks*
- *1 eggplant, sliced*
- *1 ounce feta cheese, crumbled*
- *8 ounces cherry tomatoes*

Directions: Prepare the oven to 390 degrees F.
In a food processor, add the garlic, fresh herbs, and 2 tablespoons of the oil and pulse until smooth.
Transfer the herb mixture into a large bowl. Put the lamb chops and coat with the herb mixture. Refrigerate to marinate for about 2-3 hours.
In the bottom of a large baking sheet, place the zucchini, bell pepper and eggplant slices and drizzle with the remaining oil. Arrange the lamb chops on top in a single layer. Bake for about 20 minutes. Remove from the oven and transfer the chops onto a platter. Cover the chops to keep warm.
Place the cherry tomatoes into the baking sheet with veggies and top with the feta cheese. Bake for about 5-7 minutes.
Serve the chops alongside the vegetables.

Nutrition: Calories: 542.4, Protein: 61.3g, Carbs: 11.8g, Fat: 16.8g, Sugar: 6.1g

114.Lamb Kebabs with Verdant Sauce

Preparation Time: 5 minutes
Servings: 4

Cooking Time: 15 minutes

Ingredients:

Kebab mix:

- *14 oz. minced lamb*
- *Two tablespoons garlic, peeled and finely chopped*
- *Two tablespoons ginger, peeled and finely chopped*
- *One large peeled and chopped onion*
- *Three tablespoons ground coriander*
- *Two tablespoons ground cumin*
- *A quarter tablespoon of ground black pepper*

Verdant sauce mix:

- *Three chopped spring onions*
- *One tablespoon olive oil*
- *Four tomatoes, chopped roughly*
- *One tablespoon pitted olives of your choice*
- *One bunch of chopped coriander*
- *One bunch of chopped parsley*
- *Juice of a lemon*

Directions: In a mixing bowl, combine the onion, ginger, garlic, coriander, cumin, pepper, and salt. Add the minced lamb and mix well all the ingredients.
Prepare 16 balls from the mince mixture.
Place each ball around a metal skewer's tip and flatten it slightly.
Put and cover the meatballs on a baking sheet, then refrigerate them for an hour.
Blend all the salsa verdant ingredients in a bowl.
Cook the skewered lamb kebabs under a preheated grill, rotating, until the lamb is cooked through. It will take fifteen minutes. Serve warm with salsa.

Nutrition: Calories: 309.8, Protein: 19.8g, Carbs: 9.7g, Fat: 17.9g

115.Spaghetti Pie

Preparation Time: 30 minutes
Servings: 6

Cooking Time: 30 minutes

Ingredients:

- *Six oz uncooked spaghetti*
- *One lb. lean ground beef (90% lean)*
- *Half cup finely chopped onion*
- *One-fourth cup of finely chopped green pepper*
- *One cup undrained canned diced tomatoes*
- *One can (about six oz) tomato paste*
- *One tablespoon dried oregano*
- *Three-quarters of tablespoon salt*
- *Half tablespoon garlic powder*
- *One-fourth tablespoon of pepper*
- *¼ tablespoon of sugar*
- *Two large egg whites, lightly beaten*
- *One tablespoon of melted butter*
- *One-fourth cup of grated Parmesan cheese*
- *One cup (about eight oz) 2% cottage cheese*
- *Half cup shredded partly skimmed mozzarella cheese*

Directions: Prepare the temperature of the oven to 350° F. Heat the spaghetti according to the box directions. Then drain. Cook onion, green pepper and beef in a large skillet over medium heat for 6-7 minutes or until the beef is no longer pink, slicing the beef into crumbles; drain. Stir in the onions, tomato paste, sugar, and seasonings. Stir the egg whites, melted butter, and Parmesan cheese in a wide bowl until mixed. To cover, add spaghetti and toss. Press the spaghetti blend on the bottom and sides of a 9-inch greased plate. With crust-forming, deep-dish pie plate. Spread the cottage cheese on the bottom; cover with beef mixture.
Bake for 20 minutes, uncovered. Use the mozzarella cheese for topping. Bake until the cheese is melted and heated properly for an additional 5-10 minutes. Let it stay. Serve after 5 minutes.

Nutrition: Calories: 417.8, Protein: 36.4g, Carbs: 28.7g, Fat: 15g, Sugar: 4.7g

116.Lamb Provençal

Preparation Time: 5 minutes
Servings: 4

Cooking Time: 30 minutes

Ingredients:

- *Two tablespoons rapeseed oil*
- *Two chopped onions*
- *One red pepper (chopped into large chunks)*
- *One yellow pepper (chopped into large chunks)*

- *One green pepper (chopped into large chunks)*
- *Four to six crushed cloves of garlic*
- *Two to three courgettes*
- *One sprig rosemary*
- *One sprig thyme*
- *One tablespoon dried oregano*
- *Fresh parsley*
- *14 oz. chopped tomatoes*
- *4 lean lamb steaks*

Directions: Add oil to a pan. Add the onions, and over medium heat, stir for 2 minutes. Then introduce the peppers, red, yellow, and green, and mix for another 2 minutes. Apply the courgettes and garlic and stir for 2-3 minutes. Combine the vegetables with the rosemary, thyme, oregano, and parsley, and then tomatoes. Cover and simmer gently, stirring occasionally for 10 minutes. Grill the lamb steaks and simmer until well cooked. Remove the meat from the heat, cover it, and leave for 3 minutes to rest. Serve with sauce from Provence.

Nutrition: Calories: 250.6, Protein: 26.4g, Carbs: 12.8g, Fat: 7.5g, Sugar: 9.8g

117.Greek Burger Pies

Preparation Time: 15 minutes **Cooking Time: 40 minutes**
Servings: 6

Ingredients:

Burger mixture:
- *Onion, large, chopped (1 piece)*
- *Red bell peppers, roasted, diced (1/2 cup)*
- *Ground lamb, 80% lean (1 pound)*
- *Red pepper flakes (1/4 teaspoon)*
- *Feta cheese, crumbled (2 ounces)*

Baking mixture:
- *Milk (1/2 cup)*
- *Biscuit mix, classic (1/2 cup)*
- *Eggs (2 pieces)*

Directions: Prepare oven at 350 degrees F. Grease 12 muffin cups using cooking spray.
Cook the onion and meat in a skillet heated on medium-high. Once lamb is browned and cooked through, drain and let cool for five minutes. Stir together with feta cheese, roasted red peppers, and red pepper flakes.
Whisk the baking mixture ingredients together. Fill each muffin cup with baking mixture (1 tablespoon).
Air-fry for twenty-five to thirty minutes. Let cool before serving.

Nutrition: Calories: 269.7, Fat: 9.7g; Protein: 10.3g; Carbs: 10.2g

118.Beef and Red Wine Casserole

Preparation Time: 20 minutes **Cooking Time: 2 hours**
Servings: 6

Ingredients:
- *14 oz. of blade steak cubed (extra fat removed)*
- *One-third cup whole meal plain flour*
- *One tablespoon olive oil*
- *One cup red wine*
- *One-fourth cup of reduced salt beef stock*
- *5 cups onions cut into rough wedges*
- *Two roughly chopped garlic cloves,*
- *14 oz. chopped carrots*
- *Two finely chopped medium celery stalks*
- *8 oz. tailed and roughly chopped green beans*
- *8 oz. button mushrooms*
- *10 oz. unsalted red kidney beans*
- *5 cups potatoes washed and roughly chopped into quarters*

Directions: Add steak and flour in a mixing bowl. Toss and coat the steak with the flour.
Add olive oil in a frying pan, heat it moderately, and brown the meat. Remove the meat and set aside. Add the red wine to the pan. Then boil it.
Put the beef stock, onions, garlic, carrots, celery, green beans, mushrooms, kidney beans, and potatoes in the pan. Let's simmer for five minutes. Let the vegetables soften.
Transfer the meat to the pan. Insert the mixture into a roasting pan.
Put in a heated oven at 350°F for about 2 hours.

Nutrition: Calories: 303.8, Protein: 17.2g, Carbs: 6.2g, Fat: 1.3g

119.Beef Stew for Diabetics

Preparation Time: 20 minutes
Servings: 6

Cooking Time: 1 hour 30 minutes

Ingredients:

- *Two medium onions*
- *One small peeled celery root*
- *One tablespoon olive oil*
- *One-pound lean stewing beef*
- *Two cloves of garlic*
- *Three cups fat-free broth*
- *A quarter cup barley*
- *Two to three bay leaves*
- *Two cups peeled diced yellow turnips*
- *One medium peeled and diced carrot*
- *One medium peeled and diced potato*
- *One cup cleaned button mushroom*
- *Nineteen oz can stewed tomatoes*
- *One tablespoon savory salt*
- *One tablespoon paprika*
- *Half tablespoon oregano*
- *Half tablespoon cracked black pepper*
- *One tablespoon Worcestershire sauce*

Directions: Peel and coarsely cut the onions. Coarsely chop the celery as well. Peel the garlic and mince. Sauté until softened in the oil; stir them into a broad stew pot.
In a frying pan, place the beef and cook until browned; whisk in the garlic; then add the onions and celery to the meat. Transfer the water, the barley, and the bay leaves to the stew pot.
Peel and cut into bite-sized bits of all the remaining vegetables.
In the order specified, add them to the stew. Then add the spices.
Simmer the stew until the meat will be tender. Add a little more broth as required.

Nutrition: Calories: 430.5, Protein: 29.6g, Carbs: 31.9g, Fat: 15.8g, Sugar: 10.8g

120.Cheesy Beef Taco Skillet

Preparation Time: 10 minutes
Servings: 6

Cooking Time: 30 minutes

Ingredients:

- *One lb. ground beef*
- *Two cups of cauliflower rice*
- *Ten oz diced tomatoes with green chilies canned*
- *One tablespoon chili powder*
- *One tablespoon cumin ground*
- *One tablespoon salt*
- *Half tablespoon ground black pepper*
- *Half tablespoon onion powder*
- *Eight oz fresh shredded cheese*
- *3.8 oz sliced canned black olives*
- *One shredded lettuce, optional*

Directions: Heat ground beef in a skillet. Drain.
Make cauliflower rice, if required. (Leftover is perfect in this case). Mix and cook until it starts to boil.
Put chili powder, diced tomatoes, cumin, salt, pepper, onion powder and ground beef.
Reduce temperature. Let it simmer and cook for an additional seven to ten minutes.
Put black olives and one cup of the shredded cheese. Stir it until cheese melts. Top it with the remaining cheese.
Put skillet on the oven broiler at 350 ° F. Wait till the top cheese is totally melted. Serve instantly.

Nutrition: Calories: 361.8, Protein: 24.7g, Carbs: 7.1g, Fat: 24.9g, Sugar: 2.1g

121.Asian Beef Stir-Fry

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 15 minutes

Ingredients:

- *3/4 lb. beef top sirloin steak, boneless*
- *1/3 tsp. red pepper, crushed*
- *1/2 red onion, wedges*
- *3 cups napa cabbage, shredded*
- *2 cups broccoli florets*
- *3 oz. buckwheat noodles or multigrain spaghetti*
- *2 tbsp. teriyaki sauce*
- *3 tbsp. orange marmalade, low-sugar*
- *2 tbsp. water*
- *2 tsp. canola oil*
- *Cooking spray*

Directions: Bring together the teriyaki sauce, red pepper, marmalade, and water in a bowl; keep aside.
Cook the spaghetti according to directions on the pack. In the meantime, apply cooking spray on your skillet. Preheat. Now add the red onion and broccoli to your skillet; cook covered for 3 minutes.
Add the cabbage and cook for 3 more minutes. The vegetables should become tender. Take out the vegetables.
Now add oil and the beef strips; cook for 3 minutes until the center is slightly pink.
Return the vegetables to your skillet with the cabbage and sauce; cook, while stirring, for 1 minute. Serve.

Nutrition: Calories: 278.5, Fats: 3.6g, Protein: 25.3g, Carbs: 29.6g, Fiber: 5g, Sugar: 0.9g

122.Beef and Spaghetti Squash Casserole

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 20 minutes
Appliance: Instant Pot

Ingredients:

- *6 lbs. spaghetti squash cooked and scraped out into long strands with a fork*
- *1 cup no sugar added tomato sauce*
- *1/2 cup whole-milk ricotta*
- *1/4 cup Parmesan cheese, grated*
- *3 tbsps. butter*
- *1/2 tsp. parsley, dried*
- *1/2 tsp. garlic powder*
- *1/4 tsp. basil, dried*
- *1/2 tsp. salt*
- *1/4 tsp. pepper*
- *1 lb. 85% lean ground beef cooked*
- *1 cup, shredded Mozzarella cheese, divided*
- *1 cup water*

Directions: Place the squash into a bowl.
Add the remaining ingredients except for water (reserve 1/2 mozzarella).
Mix and pour the mixture into a bowl.
Sprinkle the remaining cheese on top and cover with a foil.
Pour water into the instant pot and place it on the steam rack.
Place bowl on the steam rack and close the lid.
Press the MANUAL bottom and cook for 10 minutes.
Allow the pressure to release naturally.
You can broil the dish in the oven for a few minutes to brown the top. Serve.

Nutrition: Calories: 627.6, Fats: 36.8g, Protein: 36.3g, Carbs: 8.7g

123.Cheesy Beef and Broccoli

Preparation Time: 5 minutes
Servings: 4

Cooking Time: 10 minutes
Appliance: Instant Pot

Ingredients:

- *1 lb. 85% lean ground beef*
- *1 tsp. salt*
- *1/2 tsp. garlic powder*
- *1/2 tsp. parsley, dried*
- *1/4 tsp. oregano, dried*
- *2 tbsp. butter*
- *3/4 cup beef broth*
- *2 cups broccoli florets*
- *1/4 cup heavy cream*
- *1 cup cheddar cheese, shredded*

Directions: Brown the beef on SAUTÉ mode in the instant pot.
Press CANCEL and sprinkle seasonings over the meat.
Add the broccoli, broth, and butter. Close the lid.
Press MANUAL and cook for 2 minutes on HIGH.
When done, press CANCEL and stir in the cheddar and heavy cream. Serve.

Nutrition: Calories: 475.8, Fats: 32.6g, Protein: 30.5g, Carbs: 2.5g

124.Filet Mignon with Herb Garlic Butter

Preparation Time: 10 minutes
Servings: 8

Cooking Time: 15 minutes

Ingredients:

- *Butter (softened) – 2 tablespoons*
- *Rosemary (fresh) – ½ tablespoon*
- *Thyme (fresh) – ½ tablespoon*
- *Garlic (minced) – 1 clove*
- *Beef tenderloin (filet mignon) – 4 (8 ounces each)*
- *Sea salt – as per taste*
- *Black pepper – as per taste*

Directions: Take a mixing bowl and add in 1 tablespoon of softened butter, thyme, garlic, and rosemary. Mix well and form into the shape of a log. Place it in the refrigerator until later.
Also, preheat the oven by setting the temperature to 400 degrees Fahrenheit.
Use a sharp knife to trim any excess connective tissue present around the beef tenderloins. Place them into a shallow dish. Season both sides of the meat generously with black pepper and salt.
Place a cast-iron pan on a medium-high flame and add in the remaining 1 tablespoon butter.
Once the butter has melted, place the seasoned filet mignon into the same and cook for around 2 minutes; flip over and cook for another 2 minutes.

Transfer the cast iron pan into the preheated oven and bake for 5-8 minutes depending on the required doneness (refer to note).
Take the herb butter out of the refrigerator and cut the butter log into 4 equal parts.
Take the baked filet mignons out of the oven and transfer them onto a serving platter. Top each filet with an equal amount of herb butter and set aside for around 5 minutes.
Cut and serve!

Nutrition: Fat: 28.7g, Protein: 20.6g, Carbs: 0.2g, Sugar: 0g

125.Pizzaiola Beef

Preparation Time: 10 minutes **Cooking Time: 15 minutes**
Servings: 4

Ingredients:

- *1 tablespoon extra-virgin olive oil*
- *1 pound 93% lean ground beef*
- *1 medium red bell pepper, chopped*
- *½ medium yellow onion, chopped*
- *2 tablespoons low-sodium Worcestershire sauce*
- *1 (15-ounce) can low-sodium tomato sauce*
- *2 tablespoons low-sodium, sugar-free ketchup*
- *4 whole-wheat sandwich thins, cut in half*
- *1 cup cabbage, shredded*

Directions: Preheat the olive oil in a nonstick skillet over medium heat until shimmering.
Add the beef, bell pepper, and onion to the skillet and sauté for 8 minutes.
Pour the Worcestershire sauce, tomato sauce, and ketchup in the skillet. Turn up the heat to medium-high and simmer for 5 minutes.
Assemble the sandwich thin halves with beef mixture and cabbage to make the sloppy Joes, then serve warm.

Nutrition: Calories: 328.7, Fat: 8.3g, Protein: 31.5g, Carbs: 35.2g, Fiber: 7.9g, Sugar: 9.8g

126.Beef Roast with Green Peppercorn Sauce

Preparation Time: 10 minutes **Cooking Time: 100 minutes**
Servings: 4

Ingredients:

- *1½ pounds top rump beef roast*
- *Salt and freshly ground black pepper, to taste*
- *3 teaspoons olive oil, divided*
- *3 shallots, diced*
- *1 tablespoon green peppercorns*
- *2 teaspoons garlic, minced*
- *2 tablespoons dry sherry*
- *2 tablespoons all-purpose flour*
- *1 cup low-sodium beef broth*

Directions: Prepare the oven to 300°F. On a clean work surface, rub the beef with salt and black pepper.
Preheat 2 teaspoons olive oil in an oven-safe skillet over medium-high heat until shimmering.
Add the beef to the skillet and cook for 10 minutes until well browned on both sides. Flip the beef halfway through the Cooking Time.
Roast in the preheated oven for 1 hour and 30 minutes or until the beef reaches the desired doneness.
Heat the remaining olive oil in a saucepan over medium-high heat.
Add the shallots to the saucepan and sauté for 4 minutes or until translucent.
Add the peppercorns and garlic to the pan and sauté for 1 minute until fragrant.
Pour the sherry into the pan for deglazing, and then fold in the flour and stir until the mixture has a thick consistency. Cook for an additional minute. Keep stirring during the cooking.
Put the beef broth to the pan and stir until the sauce is thick and smooth, then sprinkle with salt and black pepper. Remove the beef from the oven and serve with the peppercorn sauce on top.

Nutrition: Calories: 331.5, Fat: 17.2g, Protein: 36.5g, Carbs: 3.5g, Fiber: 0g, Sugar: 1g

127.Steak and Broccoli Bowls

Preparation Time: 10 minutes **Cooking Time: 15 minutes**
Servings: 4

Ingredients:

- *2 tablespoons extra-virgin olive oil*
- *1 pound sirloin steak, cut into ¼-inch-thick strips*
- *2 cups broccoli florets*
- *1 garlic clove, minced*
- *1 teaspoon peeled and grated fresh ginger*
- *2 tablespoons reduced-sodium soy sauce*
- *¼ cup beef broth*
- *½ teaspoon Chinese hot mustard*
- *Pinch red pepper flakes*

Directions: Heat the olive oil until it shimmers in a large skillet over medium-high heat. Add the beef. Cook, stirring, until it browns, 3 to 5 minutes and then, with a slotted spoon, remove the beef from the oil and set it aside on a plate.
Add the broccoli to the oil. Cook, stirring, until it is crisp-tender, about 4 minutes.
Add the garlic and ginger and cook, stirring constantly, for 30 seconds.
Return the beef to the pan, along with any juices that have collected.
In a small bowl, whisk together the soy sauce, broth, mustard, and red pepper flakes.
Put the soy sauce mixture to the skillet and cook, stirring, until everything warms through, about 3 minutes.

Nutrition: Calories: 229.7, Fat: 10.8g, Protein: 27.6g, Carbs: 4.2g, Fiber: 1.0g, Sugar: 2.7g

Vegetables and Salads

128.Spinach Scramble

Preparation Time: 5 minutes **Cooking Time: 15 minutes**
Servings: 2

Ingredients:

- *¼ cup liquid egg substitute*
- *¼ cup skim milk*
- *Salt and pepper to taste*
- *2 tablespoons crumbled bacon*
- *13 ½ oz. canned spinach, drained*
- *Cooking spray*

Directions: Mix the ingredients in a large bowl. Pour the mixture on a pan greased with oil, placed over medium heat. Stir until fully cooked.

Nutrition: Calories: 69.5, Fat: 1.8g, Carbs: 4.8g, Fiber: 2g, Sugar: 0.9g, Protein: 8.3g

129.Vegetable Chili

Preparation Time: 15 minutes **Cooking Time: 1 hour**
Servings: 4

Ingredients:

- *Two finely chopped onions*
- *One finely chopped red pepper*
- *One and a half cups finely chopped carrots*
- *One courgette, finely chopped*
- *1 cup finely chopped mushrooms,*
- *One tablespoon chili powder*
- *One tablespoon ground cumin*
- *One tablespoon oregano*
- *Eight and a half cups tin chopped tomatoes*
- *14 oz. canned lentils*
- *14 oz. tin mixed beans in water*
- *One tablespoon tomato ketchup*
- *Two tablespoons sugar*
- *One tablespoon salt*

Directions: In a wide skillet, heat the oil, add the onions, and cook for 5–8 minutes before they begin to brown. Add the red pepper, onions, zucchini, and mushrooms and cook for another 10 minutes.
Then add chili powder, cumin, oregano, and tomatoes. Mix together, then simmer for an additional 10 minutes. Add water, ketchup, sugar, and salt, lentils and beans. Mix thoroughly, apply the lid and get to a soft bubble for 30 minutes.

Nutrition: Calories: 126.5, Protein: 8.7g, Carbs: 16.8g, Fat: 0.9g, Sugar: 7.6g

130.Sweet Potato, Carrot and Asparagus Salad

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 6

Ingredients:
- *Two sweet potatoes, peeled and sliced into large chunks*
- *One carrot, peeled and sliced into large chunks*
- *One and half cups asparagus, trimmed*
- *1/2 cup broad beans*
- *1/2 cup frozen peas*

For dressing:
- *Eight to ten finely chopped cornichons*
- *Two tablespoons Greek-style yogurt*
- *One tablespoon low fat mayonnaise*
- *One tsp Dijon mustard*
- *A pinch of pepper*

Directions: Add the potatoes and carrots in a pot of boiling water, and cook for 10 minutes. Add the asparagus and continue boiling for 5 minutes.
Turn off the heat after the vegetables are cooked, and transfer the fava beans and peas. This will thaw them but avoid overcooking the other vegetables. Drain the vegetables and let them cool.
Create the dressing by adding all the ingredients. Add the dressing to the vegetables and serve.

Nutrition: Calories: 110.7, Fat: 1.2g, Carbs: 17.6g, Protein: 3.8g, Sugar: 6.2g

131.Cantaloupe and Prosciutto Salad

Preparation Time: 15 minutes **Servings: 4**

Ingredients:
- *6 mozzarella balls, quartered*
- *1 medium cantaloupe, peeled and cut into small cubes*
- *4 oz. prosciutto, chopped*
- *1 tbsp. fresh lime juice*
- *1 tbsp. fresh mint, chopped*
- *2 tbsp. extra virgin olive oil*
- *1 tsp. honey*

Directions: Whisk together the oil, lime juice, honey, and mint; season with salt and pepper to taste.
Add the cantaloupe and mozzarella and toss to combine.
Arrange the mixture on a serving plate and add prosciutto. Serve.

Nutrition: Calories: 239.6, Carbs: 5.7g, Protein: 18.3g, Fat: 15.4g, Sugar: 3.6g, Fiber: 0g

132.Chicken Guacamole Salad

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 6

Ingredients:
- *1 lb. chicken breast, boneless & skinless*
- *2 avocados*
- *1–2 jalapeño peppers, seeded & diced*
- *1/3 cup onion, diced*
- *3 tbsp. cilantro, diced*
- *2 tbsp. fresh lime juice*
- *2 garlic cloves, diced*
- *1 tbsp. olive oil*
- *Salt and pepper, to taste*

Directions: Heat oven to 400°F.
Line a baking sheet with foil.
Season the chicken with salt and pepper and place it on a prepared pan; bake for 20 minutes. Let cool completely. Once the chicken has cooled, shred or dice and add to a large bowl. Add the remaining ingredients and mix well, mashing the avocado as you mix it in; taste and season with salt and pepper as desired. Serve immediately.

Nutrition: Calories: 323.5, Carbs: 11.7g, Protein: 23.5g, Fat: 21.8g, Sugar: 0.9g, Fiber: 7g

133.Broccoli and Cauliflower Salad

Preparation Time: 10 minutes, chill time: 1 hour **Servings: 8**

Ingredients:

- *1 head broccoli, separated into florets*
- *1 head cauliflower, separated into florets*
- *1 red onion, sliced thin*
- *2 cup cherry tomatoes, halved*
- *1/2 cup fat-free sour cream*
- *1 cup lite mayonnaise*
- *1 tbsp. Splenda*

Directions: In a large bowl, combine vegetables.
In a bowl, mix together mayonnaise, Splenda and sour cream. Pour over the vegetables and toss to mix. Close and refrigerate at least 1 hour before serving.

Nutrition: Calories: 151.7, Carbs: 11.6g, Protein: 2.8g, Fat: 9.5g, Sugar: 4.3g, Fiber: 2g

134.Apple and Cranberry Salad

Preparation Time: 15 minutes **Servings: 10**

Ingredients:

- *12 oz. salad greens*
- *3 Honeycrisp apples, sliced thin*
- *1/2 lemon*
- *1/2 cup blue cheese, crumbled*
- *Apple Cider Vinaigrette*
- *1 cup pecan halves, toasted*
- *3/4 cup dried cranberries*

Directions: Put the apple slices in a large plastic bag and squeeze the half lemon over them. Close the bag and shake to coat.
In a large bowl, layer the greens, apples, pecans, cranberries, and blue cheese. Just before serving, drizzle with enough vinaigrette to dress the salad. Toss to coat all the ingredients evenly.

Nutrition: Calories: 290.7, Carbs: 18.6g, Protein: 5.3g, Fat: 22.4g, Sugar: 12.6g, Fiber: 4g

135.Mustard Cauliflower Salad

Preparation Time: 15 minutes **Cooking Time: 5 minutes**
Servings: 8

Ingredients:

- *2 lbs. cauliflower, separated into small florets*
- *1 boiled egg, peeled and diced*
- *1/2 cup celery, diced*
- *1/4 cup red onion, diced*
- *1/4 cup light mayonnaise*
- *1 tbsp. pickle relish*
- *1 tbsp. Dijon mustard*
- *1/4 tsp. celery seed*
- *1/4 tsp. black pepper*

Directions: Place the cauliflower in a vegetable steamer and cook for 5 minutes, or until almost tender. Drain and let it cool.
In a small bowl, whisk together relish, mustard, mayonnaise, celery seed, and pepper.
Once cauliflower is cooled off, pat dry, and place it in a large bowl. Add the egg, celery, and onion.
Pour dressing over vegetables and mix gently to combine; cover and chill at least 2 hours before serving.

Nutrition: Calories: 70.8, Carbs: 8.6g, Protein: 3.2g, Fat: 2.8g, Sugar: 3.6g, Fiber: 3g

136.Alfredo Broccoli Miracle Noodles

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 4

Ingredients:

- *ream cheese (softened) – 2 ounces*
- *Butter – 1 ounce*
- *Heavy cream – ¼ cup*
- *Parmesan cheese (grated) – ¼ cup*
- *Garlic powder – ¼ teaspoon*
- *Olive oil – 1 teaspoon*
- *Broccoli florets – 1 ½ cups*
- *Fettuccini-style Shirataki noodles – 2 packages*
- *Salt – as per taste*
- *Pepper – as per taste*

Directions: Start by placing a nonstick saucepan on a low flame. Put in the butter and cream cheese and whisk until well combined.

Once the butter and cream cheese begin to melt, add in the parmesan cheese and heavy cream; whisk until all ingredients are nicely incorporated.
Sprinkle the sauce with garlic powder, pepper, and salt; stir well and remove from the flame.
Take another saucepan and place it on a medium flame. Pour in the oil and let it heat through.
Toss in the broccoli and generously season with pepper and salt. Stir-fry for around 4 minutes.
Set the noodles in a colander and run them under cool running water. Rinse and pat dry.
Add the noodles to the saucepan with sautéed broccoli and cook for around 5 minutes. Keep stirring to prevent the noodles from sticking to the bottom.
Pour the prepared Alfredo sauce over the broccoli and noodles. Mix well and let it heat through.
Transfer onto a serving plate. Serve right away!

Nutrition: Fat: 15.7g, Protein: 4.9g, Carbs: 2.1g, Sugar: 0.9g

137.Crispy Russet Potatoes

Preparation Time: 10 minutes **Cooking Time: 30 minutes**
Servings: 2

Ingredients:

- *Two medium russet potatoes*
- *Butter-flavored cooking spray*
- *One tablespoon minced fresh rosemary*
- *freshly ground black pepper (1/8 teaspoon)*

Directions: Heat the oven to 375° F.
Wash and pierce the potatoes with a fork. Place in the oven and bake for around 1 hour, until the skins are crisp.
Carefully split the potatoes in half and scoop out the pulp, leaving only 1/8 inch of the potato flesh stuck to the skin. The potatoes would be very hot. For a different usage, save the pulp.
Using butter-flavored cooking spray to spray the inside of each potato leaf. Press the pepper and rosemary in.
Place the skin back in the oven for 5 to 10 minutes. Serve immediately.

Nutrition: Calories: 50.7, Fat: 0.5g, Protein: 2.5g, Carbs: 9.7g, Fiber: 4g, Sugar: 0.9g

138.Spinach Cheese Stuffed Mushrooms

Preparation Time: 5 minutes **Cooking Time: 30 minutes**
Servings: 6

Ingredients:

- *Cremini mushrooms – 24 (1 pound)*
- *Olive oil – 1 tablespoon*
- *Spinach (chopped) – 8 ounces*
- *Feta cheese (crumbled) – ½ cup*
- *Garlic (minced) – 4 cloves*
- *Fresh parsley (minced) – 1 tablespoon*
- *Sea salt – as per taste*
- *Black pepper – as per taste*

Directions: Start by preheating the oven by setting the temperature to 400 degrees Fahrenheit.
Line a baking sheet with a sheet of baking paper.
Trim the stems from the cremini mushrooms and set them aside.
Take a large bowl and add in the chopped spinach along with ¼ cup of water. Cover and cook for 2 minutes.
When done, drain any excess water from the spinach by transferring it into a colander. Set aside.
Arrange the cremini mushrooms on the lined baking sheet with the cavity side facing up. Ensure that there is a little gap between each of the mushrooms.
Generously season the mushrooms with pepper and sea salt; give them a nice drizzle of olive oil.
Once the spinach is slightly cooled, drain the excess water by placing the spinach in cheesecloth and squeezing it.
Place the spinach into a mixing bowl and add in the garlic, parsley, feta cheese, black pepper, and sea salt.
Spoon the spinach and cheese mixture into the cavities of the mushrooms.
Put the baking sheet into the preheated oven and bake for around 20 minutes until the mushrooms should be golden brown and tender. Transfer onto a serving platter and serve right away!

Nutrition: Fat: 5.1g, Protein: 5.1g, Carbs: 5.2g, Sugar: 2.3g

139.Cheesy Cauliflower Steaks

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 1 hour

Ingredients:

- *Cauliflower – 1 head (3 pounds)*
- *Olive oil (extra virgin) – 3 tablespoons*
- *Italian seasoning – 1 teaspoon*
- *Garlic powder – 1 teaspoon*
- *Sea salt – ½ teaspoon*
- *Black pepper – ¼ teaspoon*
- *Parmesan cheese (grated) – ½ cup*
- *Marinara sauce (no added sugar) – 1 cup*
- *Mozzarella cheese (shredded) – ¾ cup*
- *Fresh basil (julienned) – ¼ cup*

Directions: Start by preheating the oven by setting the temperature to 425 degrees Fahrenheit.
Cut the base of the cauliflower head so that it stands straight on a flat surface. Further slice the head into steaks measuring about 1 inch thick each.
Line a baking sheet with a sheet of baking paper. Place the cauliflower steak onto the prepared baking sheet.
Take a small glass mixing bowl and add in the olive oil, garlic powder, Italian seasoning, pepper, and salt. Mix until well combined.
Use a brush to generously apply the prepared olive oil mixture on both sides of the cauliflower steaks.
Set the baking sheet into the oven and bake for around 20 minutes.
Take the baking sheet out the oven and flip the cauliflower steaks. Sprinkle the steaks with grated parmesan cheese and return to the oven. Bake for another 20 minutes. The cheese should be bubbly and golden brown; make sure the edges of the cauliflower steaks are nicely browned as well.
Take the baking sheet out of the oven and set the oven to broil.
Top the steaks with marinara sauce and generously sprinkle with shredded mozzarella cheese.
Set the baking sheet in the upper third rack in the oven and broil for around 3 minutes.
Transfer onto a serving platter and serve hot.

Nutrition: Fat: 16.9g, Protein: 12.1g, Carbs: 13.2g, Sugar: 5.1g

140.Braised Fennel

Preparation Time: 10-20 minutes
Servings: 4

Cooking Time: 22 minutes
Appliance: Instant Pot

Ingredients:

- *2 fennel bulbs, trimmed and cut into quarters*
- *3 tbsp. extra virgin olive oil*
- *1/4 cup of white wine*
- *1/4 cup of Parmesan, grated*
- *3/4 cup of veggie stock*
- *Juice of 1/2 lemon*
- *1 garlic clove; chopped.*
- *1 dried red pepper*
- *Salt and black pepper to the taste*

Directions: Set your instant pot on Sauté mode; add oil and heat it up.
Add garlic and red pepper; then stir well. Cook for 2 minutes and discard garlic.
Add fennel, stir and brown it for 8 minutes.
Add salt, pepper, stock, wine, close the lid and cook at High for 4 minutes.
Quickly release the pressure, open the instant pot lid, add lemon juice, more salt and pepper if needed, and cheese. Mix to coat, divide among plates and serve.

Nutrition: Calories: 229.6, Fat: 3.8g, Protein: 1.3g, Sugar: 2.9g

141.Baked Eggplant Parmesan

Preparation Time: 15 minutes
Servings: 4

Cooking Time: 40 minutes

Ingredients:

- *1 large eggplant, sliced into 8 1/2"*
- *Sprinkle of salt*
- *1 large egg*
- *½ cup Parmesan cheese, grated*
- *¼ cup ground pork rinds*
- *½ tablespoon Italian seasoning*
- *1 cup Rao's Arrabbiata Sauce*
- *½ cup shredded mozzarella cheese*
- *4 tablespoons butter melted*

Directions: Prepare to preheat the oven to 400 °F. Place the eggplant slice on a baking sheet lined with baking paper and sprinkle both sides with salt. Let sit for at least 30 minutes to allow the water out.
Mix the ground pork rinds, parmesan cheese, and Italian seasoning in a shallow bowl. Set aside.
Mix the egg in a separate shallow bowl. Add the melted butter to the bottom of a 9x13 inch baking dish.

Pat, the eggplant dry with a kitchen towel, set aside. Dip each slice of the eggplant into the beaten egg and then into the parmesan cheese mixture, covering each side with crumbs. Place the eggplant into the butter coated baking dish.
Bake the eggplants for 20 minutes. Turn the pieces over and bake an additional 20 minutes or until golden brown.
Pout the marinara sauce over the eggplant and sprinkle with mozzarella cheese.
Place the baking sheet bake in the oven for an additional 5 minutes or until the cheese has melted.

Nutrition: Calories: 312.5, Carbs: 6.3g, Fat: 25.1g, Protein: 11.9g

142.Mushroom Rice with Hazelnut

Preparation Time: 20 minutes **Cooking Time: 35 minutes**
Servings: 8

Ingredients:

- *1 tablespoon extra-virgin olive oil*
- *1 cup chopped button mushrooms*
- *½ sweet onion, chopped*
- *1 celery stalk, chopped*
- *2 teaspoons minced garlic*
- *2 cups brown basmati rice*
- *4 cups low-sodium chicken broth*
- *1 teaspoon chopped fresh thyme*
- *Sea salt and freshly ground black pepper, to taste*
- *½ cup chopped hazelnuts*

Directions: Place a large saucepan over medium-high heat and add the oil.
Sauté the mushrooms, onion, celery, and garlic until lightly browned, about 10 minutes.
Add the rice and sauté for an additional minute.
Add the chicken broth and bring to a boil.
Lower the heat to low and cover the pot. Simmer until the liquid is absorbed and the rice is tender, about 20 minutes. Mix in the thyme and season with salt and pepper.
Top with the hazelnuts and serve.

Nutrition: Calories: 239.7, Fat: 5.8g, Protein: 7.6g, Carbs: 38.1g, Fiber: 0.9g, Sugar: 0.9g

143.Texas Caviar

Preparation Time: 10 minutes **Servings: 6**
Ingredients:

For the Salad:

- *1 ear fresh corn, kernels removed*
- *1 cup cooked lima beans*
- *1 cup cooked black-eyed peas*
- *1 red bell pepper, chopped*
- *2 celery stalks, chopped*
- *½ red onion, chopped*

For the Dressing:

- *3 tablespoons apple cider vinegar*
- *1 teaspoon paprika*
- *2 tablespoons extra-virgin olive oil*

Directions: Combine the corn, beans, peas, bell pepper, celery, and onion in a large bowl. Stir to mix well.
Combine the vinegar, paprika, and olive oil in a small bowl. Stir to combine well.
Pour the dressing into the salad and toss to mix well. Let sit for 20 minutes to infuse before serving.

Nutrition: Calories: 169.5, Fat: 4.8g, Protein: 10.2g, Carbs: 28.7g, Fiber: 10g, Sugar: 3.7g

Pork Recipes

144.Pork Chop Casserole

Preparation Time: 10 minutes **Cooking Time: 40 minutes**
Servings: 4

Ingredients:

- *One tablespoon canola oil*
- *One onion, cut into quarter-inch thick strips*
- *A quarter cup all-purpose flour*
- *A quarter tsp salt*
- *Half tablespoon black pepper*
- *Four pork loin chops (about Half-inch thick)*
- *One can reduced-sodium condensed cream of mushroom soup*
- *Two tablespoons Dijon-style mustard*
- *Three fourth cup low-sodium chicken broth*
- *Half tablespoon dried thyme leaves*
- *One cup sliced mushrooms*

Directions: Prepare the oven to 350 ° F. Using cooking spray to powder a 9 x 13-inch baking dish.
Preheat the oil and sauté the onions for 10 to 12 minutes or until golden in a wide skillet over medium-high heat. Withdraw to a tray.
Mix the salt, flour, and pepper in a shallow dish; blend well. Coat the pork chops evenly on both sides in a flour mixture.
Cook the pork chops in the same skillet with onion for 4-5 minutes over medium-high heat or until browned on both sides.
Add the remaining ingredients in a medium saucepan. Pour the chops and bake in the oven for 25 to 30 minutes.

Nutrition: Calories: 249.7, Protein: 21.3g, Carbs: 14.6g, Fat: 10.2g, Sugar 2.8g

145.Baked Boneless Pork Chops in Tomato Sauce

Preparation Time: 5 minutes
Cooking Time: 25 minutes
Servings: 4

Ingredients:

- *Four pork chops*
- *One yellow onion*
- *Four cloves of garlic*
- *1,5 lbs. diced canned tomatoes*
- *Five ounces low-fat mozzarella*
- *One chicken bouillon cube*
- *One tablespoon paprika*
- *One tablespoon dried oregano*
- *Salt and pepper to taste*
- *Cooking spray*

Directions: Preheat a 400° F oven.
Split the onions into rings. Peel the garlic and break it.
Coat a pan with cooking spray and place over medium-high heat. Season the pork chops with pepper and sear on each side for approximately 2 minutes (until light brown).
Remove the pork chops from the heat and place them in a deep pan for baking. Add the onion rings and garlic, the bouillon cube, and spices and blend them all together. Let it boil for 2 minutes.
Pour the tomato sauce and add mozzarella on top.
Put it all in a baking dish and after in the oven. Baking for 20 minutes.
Take the pork chops out of the oven and allow them to rest before serving for 5 minutes in the pan.

Nutrition: Calories: 400.3, Protein: 42.5g, Carbs: 15.7g, Fat: 16.9g, Sugar: 6g

146.Pork With Cranberry Relish

Preparation Time: 30 minutes
Cooking Time: 30 minutes
Servings: 4

Ingredients:

- *12 oz. pork tenderloin, fat trimmed and sliced crosswise*
- *Salt and pepper to taste*
- *1/4 cup all-purpose flour*
- *2 tbsp. olive oil*
- *1 onion, sliced thinly*
- *1/4 cup cranberries, dried*
- *1/4 cup low-sodium chicken broth*
- *1 tbsp. balsamic vinegar*

Directions: Flatten each slice of pork using a mallet. Mix the pepper, salt, and flour in a dish.
Dip each pork slice into the flour mixture. Put oil to a pan over medium-high heat.
Cook the pork for 3 minutes per side or until golden crispy.
Transfer to a serving plate and cover with foil. Cook the onion in the pan for 4 minutes.
Stir in the rest of the ingredients. Simmer until the sauce has thickened.

Nutrition: Calories: 210.5, Fat: 8.8g, Protein: 18.3g, Carbs: 14.7g, Fiber: 1g, Sugar: 5.7g

147.Blackberry Pulled Pork Shoulder

Preparation Time: 15 minutes
Cooking Time: 8–10 hours
Servings: 10–12
Appliance: Slow Cooker

Ingredients:

- *1/4 cup brown sugar*
- *1/2 tsp. red pepper*
- *1 big onion, chopped*
- *1 tsp. apple cider vinegar*
- *1 tsp. salt*
- *2 pints fresh blackberries*
- *2 tsp. garlic powder*
- *2–3-lb. pork shoulder*

Directions: Put the pork shoulder in the slow cooker and layer the onion on top.
Puree the blackberries and pass them through a sieve or strainer to separate the puree from the seeds.
Mix the rest of the ingredients with the blackberry puree.
Pour the blackberry puree over the contents of the slow cooker.
Cover and cook on LOW for approximately 9–10 hours.
Take out the roast and shred by pulling using 2 forks. Mix back into the liquid in the Slow Cooker. Serve on buns.

Nutrition: Calories: 217.6, Fat: 11.8g, Protein: 6.3g, Carbs: 7.9g, Fiber: 3g, Sugar: 5.8g

148.Sweet-Sour Pork

Preparation Time: 30 minutes
Servings: 6

Cooking Time: 5–7 hours
Appliance: Slow cooker

Ingredients:

- *1/4 cup cider vinegar*
- *1/4 cup water*
- *1/2 moderate onion, thinly sliced*
- *3/4 cup carrots, shredded*
- *1 cup pineapple juice (reserved from pineapple chunks)*
- *1 green bell pepper, cut into strips*
- *1 tbsp. soy sauce*
- *2 lbs. boneless pork shoulder, cut in strips, trimmed of fat*
- *2 tbsp. brown sugar substitute to equal 1 tbsp. sugar*
- *2 tbsp. sweet pickles, coarsely chopped*
- *2 tbsp. cornstarch*
- *1 can (20 oz.) pineapple chunks canned in juice*

Directions: Place the pork strips in the crockpot. Put in the green pepper, onion, carrots, and pickles.
In a container, combine brown sugar and cornstarch.
Put in the water, pineapple juice, vinegar, and soy sauce. Stir until smooth.
Pour over the ingredients in the crockpot.
Cover and cook on LOW for approximately 6 hours. One hour before serving, add the pineapple chunks. Stir.
Serve.

Nutrition: Calories: 269.5, Fat: 7.6g, Protein: 22.3g, Fiber: 2g, Carbs: 26.8g, Sugar: 20.7g

149.Pulled Pork

Preparation Time: 20 minutes
Servings: 10

Cooking Time: 2–4 hours
Appliance: Slow cooker

Ingredients:

- *1/2 cup water*
- *1 cup barbecue sauce of your choice*
- *1 tsp. cumin*
- *2 tbsp. Worcestershire sauce*
- *2 1/2 lbs. boneless pork shoulder roast, or pork sirloin roast*
- *3 tbsp. cider vinegar*
- *Salt and pepper, to taste*

Directions: Remove the fat from the roast. Fit roast into the crockpot.
Sprinkle meat with salt and pepper.
In a small container, mix water, vinegar, Worcestershire sauce, and cumin. Spoon over the roast, being cautious not to wash off the seasonings.
Cover and cook on LOW for approximately 9–10 hours, or on HIGH 4–5 hours, just until pork is very soft but not dry. Take out the meat onto a platter. Discard liquid.
Shred meat using 2 forks. Put back into the crockpot. Mix in the barbecue sauce.
Cover and cook on high heat for approximately 30–45 minutes. Serve.

Nutrition: Calories: 189.3, Fat: 2.8g, Protein: 26.3g, Fiber: 0g, Carbs: 11.8g, Sugar: 9.9g

150.Buttery Pot Roast

Preparation Time: 5 minutes
Servings: 4

Cooking Time: 90 minutes
Appliance: Instant Pot

Ingredients:

- *4 tsp. onion powder*
- *2 tsp. parsley, dried*
- *1 tsp. salt*
- *1 tsp. garlic powder*
- *1/2 tsp. oregano, dried*
- *1/2 tsp. pepper*
- *1 (2 lbs.) chuck roast*
- *1 tbsp. coconut oil*
- *1 cup beef broth*
- *1/2 packet dry ranch seasoning*
- *1 stick butter*
- *10 pepperoncini*

Directions: Press SAUTÉ and heat the Pot. Mix the pepper, oregano, garlic powder, salt, parsley, and onion powder in a bowl. Rub the seasoning onto the roast.
Add oil to the pot and place the roast. Sear for 5 minutes on each side.
Remove the roast and set aside. Add the broth and deglaze.
Set the roast back into the instant pot. Sprinkle with ranch powder.
Place butter on top and add pepperoncini.
Close the lid and press MANUAL. Cook for 90 minutes.
Make a natural release. Open the lid and remove the roast. Slice and serve.

Nutrition: Calories: 560.8, Fat: 32.8g, Protein: 51.5g, Carbs: 4.9g

151.Pork Carnitas

Preparation Time: 10 minutes
Servings: 6

Cooking Time: 5 hours
Appliance: Slow cooker

Ingredients:

- *12 Corn Tortillas*
- *2 pound Boneless Pork Shoulder*
- *28 ounces canned Chicken Broth*
- *3 Bay Leaves*
- *1 tsp. Oregano*
- *4 Garlic Cloves, minced*
- *1 tbsp. Black Peppercorn*
- *2 tsp. Cumin Seeds*
- *Salt and Pepper, to taste*
- *1/3 cup Sour Cream*
- *1/3 cup Salsa*

Directions: Flavor the pork with some salt and pepper. Place it inside the Slow Cooker.
Cut a small cheesecloth piece and add the peppercorns, cumin seeds, oregano, bay leaves, and garlic at the center. Bring up the corners together and tie with kitchen string to make a pouch.
Add the spice bag inside the Slow Cooker.
Put the broth and place the lid on. Cook for 5 hours on HIGH.
Open the lid, discard the*e spice bag, and shred the pork inside the cooker.
Serve in tortillas along with some sour cream and salsa. Enjoy!

Nutrition: Calories: 319.7, Fat: 9.8g, Carbs: 23.7g, Protein: 32.4g, Fiber: 4g

152.Zoodles Carbonara

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 25 minutes

Ingredients:

- *6 slices bacon, cut into pieces*
- *1 red onion, finely chopped*
- *3 zucchini, cut into noodles*
- *1 cup peas*
- *1/2 teaspoon sea salt*
- *3 garlic cloves, minced*
- *3 large eggs, beaten*
- *1 tablespoon heavy cream*
- *Pinch red pepper flakes*
- *1/2 cup grated Parmesan cheese*

Directions: Cook the bacon until browned, about 5 minutes.
Attach the onion to the bacon fat in the pan and cook, stirring, until soft, 3 to 5 minutes. Add the zucchini, peas, and salt. Cook, stirring, until the zucchini softens, about 3 minutes. Attach the garlic and cook, stirring constantly, for 5 minutes.
In a small bowl, whisk together the cream, eggs, and red pepper flakes. Add to the vegetables.
Take the pan off the stove top and stir for 3 minutes, allowing the heat of the pan to cook the eggs without setting them.
Set the bacon to the pan and stir to mix. Serve topped with Parmesan cheese, if desired.

Nutrition: Calories: 325.7, Fat: 23.8g, Carbs: 14.6g, Fiber: 4g, Protein: 14.3g

153.Pork Diane

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 20 minutes

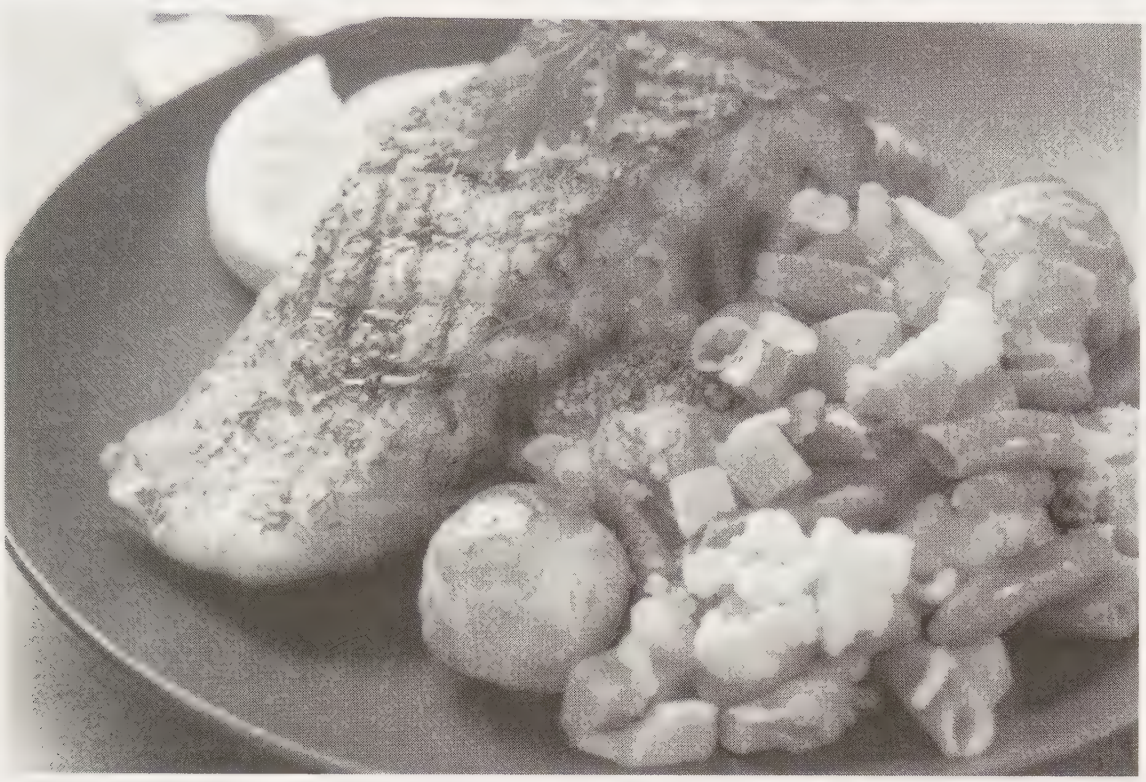
Ingredients:

- *2 teaspoons Worcestershire sauce*
- *1 tablespoon freshly squeezed lemon juice*
- *1/4 cup low-sodium chicken broth*
- *2 teaspoons Dijon mustard*
- *4 (5-ounce / 142-g) boneless pork top loin chops, about 1 inch thick*
- *Sea salt and freshly ground black pepper, to taste*
- *1 teaspoon extra-virgin olive oil*
- *2 teaspoons chopped fresh chives*
- *1 teaspoon lemon zest*

Directions: Combine the Worcestershire sauce, lemon juice, broth, and Dijon mustard in a bowl. Stir to mix well.
On a clean work surface, massage the pork chops with salt and ground black pepper.
Warmth the olive oil.
Add the pork chops and sear for 16 minutes. Flip the pork halfway through the Cooking Time. Transfer to a plate and set aside.
Pour the sauce mixture in the skillet and cook for 2 minutes or until warmed through and lightly thickened. Mix in the chives and lemon zest.
Baste the pork with the sauce mixture and serve immediately.

Nutrition: Calories: 199.8, Fat: 7.7g, Protein: 30.2g, Carbs: 0.9g, Fiber: 0g, Sugar: 0.9g

Fish and Seafood



154.Tilapia and Herb Sauce

Preparation Time: 15 minutes
Servings: 4

Cooking Time: 15 minutes

Ingredients:

- *14-ounce cans diced tomatoes with basil and garlic, undrained*
- *1/3 cup fresh parsley, chopped and divided*
- *¼ teaspoon dried oregano*
- *½ teaspoon red pepper flakes, crushed*
- *6-ounce tilapia fillets*
- *2 tablespoons fresh lemon juice*
- *2/3 cup feta cheese, crumbled*

Directions: Preheat the oven to 400 ° F.
In a shallow baking dish, put the tomatoes, ¼ cup of parsley, oregano and red pepper flakes, and mix.
Arrange the tilapia fillets over the tomato mixture in a single layer and drizzle with the lemon juice. Sprinkle with the feta cheese.
Bake for about 12-14 minutes.
Serve hot with the remaining parsley.

Nutrition: Calories: 244.8, Protein: 36.3g, Carbs: 8.7g, Fat: 6.1g, Sugar: 5.1g

155.Seafood Stew

Preparation Time: 20 minutes
Servings: 6

Cooking Time: 25 minutes
Appliance: Dutch Oven

Ingredients:

- *2 tablespoons olive oil*
- *1 medium onion, chopped finely*
- *2 garlic cloves, minced*
- *¼ teaspoon red pepper flakes, crushed*
- *½ pound plum tomatoes, seeded and chopped*
- *1/3 cup white wine*
- *1 cup clam juice*
- *1 tablespoon tomato paste*
- *Salt, as required*
- *1-pound snapper fillets, cubed into 1-inch size*
- *1-pound large shrimp, peeled and deveined*

- *½ pound sea scallops*
- *1/3 cup fresh parsley, minced*
- *1 teaspoon fresh lemon zest, grated finely*

Directions: Preheat oil over medium heat in a large Dutch oven, and sauté the onion for about 3-4 minutes. Put the garlic and red pepper flakes and sauté for about 1 minute. Add the tomatoes and cook for about 2 minutes. Stir in the wine, clam juice, tomato paste and salt and broil to a boil and then, lower the heat and simmer, covered for about 10 minutes. Stir in the seafood and simmer, covered for about 6-8 minutes. Combine in the parsley and remove from heat.
Serve hot with the garnishing of lemon zest.

Nutrition: Calories: 312.8, Fat: 7.2g, Carbs: 11.2g, Sugar: 3.8g, Protein: 44.7g

156.Herbed Roasted Cod

Preparation Time: 10 minutes **Cooking Time: 45 minutes**
Servings: 4

Ingredients:
- *4 cod fillets*
- *4 parsley sprigs*
- *2 cilantro sprigs*
- *2 basil sprigs*
- *1 lemon, sliced*
- *Salt and pepper to taste*
- *2 tablespoons olive oil*

Directions: Season the cod with pepper and salt.
Place the parsley, cilantro, basil and lemon slices at the bottom of a deep dish baking pan.
Place the cod over the herbs and cook in the preheated oven at 350 °F for 15 minutes.
Serve the cod warm and fresh with your favorite side dish.

Nutrition: Calories: 191.7, Fat: 7.9g, Protein: 28.9g, Carbs: 0.1g

157.Fish Soup

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 4

Ingredients:
- *2 tbsps. olive oil*
- *1 tbsp. garlic, minced*
- *½ cup tomatoes, crushed*
- *1 yellow onion, chopped*
- *1 quart of veggie stock*
- *A pinch of salt and black pepper*
- *1 lb. cod, skinless, boneless and cubed*
- *¼ tsp. rosemary, dried*

Directions: Preheat up a pot with the oil over medium heat, put the garlic and the onion and sauté for 5 minutes and then put the rest of the ingredients, toss, simmer over medium heat for 15 minutes more, divide into bowls and serve for lunch.

Nutrition: Calories: 197.7, Fat: 7.9g, Carbs: 3.8.g, Protein: 26.7g

158.Shrimp Ceviche

Preparation Time: 10 minutes **Cooking Time: 45 minutes**
Servings: 8

Ingredients:
- *Half pound raw shrimp, cut in 1/4-inch pieces*
- *Two lemons, zest and juice*
- *Two limes, zest and juice*
- *Two tablespoons olive oil*
- *Two teaspoons cumin*
- *Half cup diced red onion*
- *One cup diced tomato*
- *Two tablespoons minced garlic*
- *One cup black beans, cooked*
- *Diced serrano chili (¼ cup) pepper and seeds removed*
- *One cup diced cucumber, peeled and seeded*
- *Chopped cilantro (¼ cup)*

Directions: In a shallow pan, put the shrimp and cover it with lemon juice and lime, reserving the zest. Refrigerate for at least three hours. Mix the rest of the ingredients in a different bowl and set aside during cold cooking of the shrimp.
Mix the shrimp and citrus juice with the rest of the ingredients when they are ready to serve.
Use baked tortilla chips to serve.

Nutrition: Carbs: 9.9g, Fiber: 3g, Fat: 3.8g, Sugar: 0g, Calories: 97.6, Protein: 7.2g

159.Broiled Teriyaki Salmon

Preparation Time: 5 minutes
Servings: 4

Cooking Time: 5 minutes

Ingredients:

- *1/3 cup low-sodium soy sauce*
- *1/3 cup pineapple juice*
- *¼ cup water*
- *2 tablespoons rice vinegar*
- *1 garlic clove, minced*
- *1 tablespoon honey*
- *1 teaspoon peeled and grated fresh ginger*
- *Pinch red pepper flakes*
- *1-pound salmon fillet, cut into 4 pieces*

Directions: Preheat the oven broiler on high.
Stir together the soy sauce, pineapple juice, water, vinegar, garlic, honey, ginger, and red pepper flakes in a small bowl.
Marinate the fillets (flesh-side down) in the sauce for about 5 minutes.
Transfer the fillets (flesh-side up) to a rimmed baking sheet and brush them generously with any leftover sauce.
Broil the fish until it flakes apart easily and reaches an internal temperature of 145ºF, about 5 minutes.

Nutrition: Calories: 199.7g, Fat: 6.1g, Protein: 24.5g, Carbs: 7.9g, Fiber: 1g, Sugar: 9.9g

160.Seafood and Tomato Stew

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 15 minutes

Ingredients:

- *2 tablespoons extra-virgin olive oil*
- *1 onion, chopped finely*
- *1 garlic clove, minced*
- *½ cup dry white wine*
- *1 (14-ounce) can tomato sauce*
- *8 ounces shrimp, peeled and deveined*
- *8 ounces cod, pin bones removed and cut into 1-inch pieces*
- *1 tablespoon Italian seasoning*
- *½ teaspoon sea salt*
- *pinch red pepper flakes*

Directions: Preheat the olive oil in a large skillet over medium-high heat until it shimmers.
Toss in the onion and cook for 3 minutes, stirring occasionally, or until the onion is translucent. Mix in the garlic and cook for 30 seconds until fragrant.
Add the wine and cook for 1 minute, stirring continuously.
Mix in the tomato sauce and bring the mixture to a simmer.
Add the shrimp and cod, Italian seasoning, salt, and red pepper flakes, and whisk to combine. Continue simmering for about 5 minutes, or until the fish is cooked through.

Nutrition: Calories: 241.9g, Fat: 7.2g, Protein: 23.5g, Carbs: 9.8g, Fiber: 2.1g, Sugar: 7.1g

161.Crab Frittata

Preparation Time: 10 minutes
Servings: 4

Cooking Time: 50 minutes

Ingredients:

- *4 eggs*
- *2 cups lump crabmeat*
- *1 cup reduced fat parmesan cheese, grated*
- *1 tsp. salt*
- *1 cup half-n-half*
- *1 cup green onions, diced*
- *1 tsp. pepper*
- *1 tsp. smoked paprika*
- *1 tsp. Italian seasoning*
- *Nonstick cooking spray*

Directions: Heat oven to 350 degrees F. Spray an 8-inch springform pan, or pie plate with cooking spray.
In a large bowl, whisk together the eggs and half-n-half. Add seasonings and parmesan cheese, stir to mix.
Stir in the onions and crab meat. Pour into prepared pan and bake for 40 minutes, or eggs are set and top is lightly browned. Let cool 10 minutes, then slice and serve warm or at room temperature.

Nutrition: Calories: 275.9, Carbs: 4.9g, Protein: 25.6g, Fat: 16.8g, Sugar: 0.9g, Fiber 1g

162.Grilled Tuna Steaks

Preparation Time: 5 minutes **Cooking Time: 10 minutes**
Servings: 6

Ingredients:

- *6 oz. tuna steaks*
- *4 1/2tsp. olive oil*
- *¾ tsp. salt*
- *3 tbsp. fresh basil, diced*
- *¼ tsp. pepper*
- *Nonstick cooking spray*

Directions: Heat grill to medium heat. Spray rack with cooking spray.
Drizzle both sides of the tuna with oil. Sprinkle with basil, salt and pepper.
Place on grill and cook 5 minutes per side, tuna should be slightly pink in the center.

Nutrition: Calories: 342.8, Carbs: 0g, Protein: 51.3g, Fat: 13.7g, Sugar: 0g, Fiber: 0g

Soups

163.Roasted Tomato and Bell Pepper Soup

Preparation Time: 20 minutes **Cooking Time: 35 minutes**
Servings 6

Ingredients:

- *2 tablespoons extra-virgin olive oil, plus more for coating the baking dish*
- *16 plum tomatoes, cored and halved*
- *4 celery stalks, coarsely chopped*
- *4 red bell peppers, seeded, halved*
- *4 garlic cloves, lightly crushed*
- *1 sweet onion, cut into eighths*
- *Sea salt and freshly ground black pepper, to taste*
- *6 cups low-sodium chicken broth*
- *2 tablespoons chopped fresh basil*
- *2 ounces goat cheese, grated*

Directions: Prepare the oven to 400°F. Coat a large baking dish lightly with olive oil.
Put the tomatoes in the oiled dish, cut-side down. Scatter the celery, bell peppers, garlic, and onion on top of the tomatoes. Sprinkle with 2 tablespoons of olive oil and season with salt and pepper.
Roast in the preheated oven for about 30 minutes, or until the vegetables are fork-tender and slightly charred.
Remove the vegetables from the oven. Let them rest for a few minutes until cooled slightly.
Transfer to a food processor, along with the chicken broth, and purée until fully mixed and smooth.
Pour the purée soup into a medium saucepan and bring it to a simmer over medium-high heat.
Drizzle the basil and grated cheese on top before serving.

Nutrition: Calories: 186.3, Fat: 9.2g, Protein: 8.1g, Carbs: 20.9g, Fiber: 5.9g, Sugar: 13.8g

164.Cabbage Mixed Mushroom Soup

Preparation Time: 15 minutes
Cooking Time: 1 hour
Servings: 8

Ingredients:

- *Sliced mushrooms – ½ lb.*
- *Salt - ¾ tsp*
- *Chopped celery - 2 ribs*
- *Lentils – 1cup*
- *Barley – ½ cup*
- *3 Chopped carrots*
- *Chopped cabbage – 8 cups*
- *Pepper – ¼ tsp*
- *Water – 4 cups*

Directions: Put lentils, barley, carrots, celery ribs, chopped, pepper and water in to a cooking pot.
Add cabbage and boil for 30 minutes under low heat.
Then add salt and mushroom.
Cook for 15 minutes till the mushrooms are getting tender. Turn off the heat and serve.

Nutrition: Calories: 197.6, Fat: 0.9g, Fiber: 10g, Sugar: 5.8g, Carbs: 8.7g, Protein: 12.3g

165.Mixed Green Soup

Preparation Time: 15 minutes
Cooking Time: 2 hours 30 minutes
Servings: 10

Ingredients:

- *5 Chicken wings*
- *1 Sliced onion*
- *Green beans – 1 can*
- *Chopped spinach – 1 pack*
- *Water – 8 cups*
- *2 celery ribs, cut into 1/2-inch pieces*
- *Chopped onion – 3 tbsp.*
- *Salt – 1 tsp*
- *Pepper – ¼ tsp*

Directions: Put cleaned chicken wings in to the cooking pot and put water, onion and celery.
Boil it for 25 minutes in low heat.
Then add spinach, onion, beans, pepper, celery and salt.
Boil for another 15 minutes. Then serve it.

Nutrition: Calories: 104.9, Fat: 1.8g, Fiber: 3g, Sugar: 0.9g, Carbs: 9.8g, Protein 10.2g

166.Mushroom Mixed Bean Stock

Preparation Time: 25 minutes
Cooking Time: 1 hour
Servings: 8

Ingredients:

- *Vegetable oil – 2 tbsp.*
- *2 Chopped onions*
- *Minced garlic – 2 cloves*
- *Dried oregano – 1 tsp*
- *Potatoes– 1lb / 454g*
- *Water – 3 ½ cups*
- *Diced tomatoes – 1 can*
- *Dried thyme – 1 tsp*
- *Salt – ½ tsp*
- *Black beans – 1 can*
- *Sliced mushrooms – ½ lb.*
- *2 Sliced leeks*
- *Sliced carrots – 1 cup*
- *Pepper – ¼ tsp*
- *Fresh basil leaves*

Directions: Take a sauce pan and put oil and onion. Then add oregano and garlic, stir cook for minute.
Add 1 cup of water and boil. Now put potatoes, mushrooms, beans, carrots and leeks.
After that put remaining water with tomatoes, salt, thyme and pepper.
Cook till potatoes get softer. Add basil and serve.

Nutrition: Calories: 220.8, Fat: 4.8g, Fiber: 8g, Sugar: 6.9g, Carbs: 37.9g, Protein 6.1g

167.Quinoa and Meatball Pottage

Preparation Time: 25 minutes
Cooking Time: 40 minutes
Servings: 10

Ingredients:

- *Crushed pepper flakes – ½ tsp*
- *Pepper – ¼ tsp*
- *Couscous – 1 pack*
- *Lean grilled beef - 1lb*
- *Canola oil – 2 tsp*
- *Chopped collard greens – 8 cups*
- *Chopped kale– 8 cups*
- *Vegetable stock – 2 packs*
- *Wine vinegar – 1 tbsp.*
- *Dried basil – 2 tsp*
- *Dried oregano – 2 tsp*
- *Salt – ½ tsp*
- *1 Chopped onion*

Directions: Take a bowl and put beef, oregano, basil and salt.
Then take an oiled sauce pan. Fry the meat balls and keep aside.
Put onion, kale and greens to the same skillet and fry.
Take a large skillet and add kale mixture, stock meatballs, pepper, and vinegar.
Then boil it. Simmer for 10 minutes.
Add quinoa and cook for another 15 minutes.

Nutrition: Calories: 201.9, Fat: 4.6g, Fiber: 2g, Sugar: 0.8g, Carbs: 26.2g, Protein: 12.3g

168.Spicy Pork Bone Goulash

Preparation Time: 20 minutes **Cooking Time: 1 hour 20 minutes**
Servings: 8
Ingredients:

- *Pepper powder – 1½ tsp*
- *Olive oil – 2 tbsp.*
- *Minced garlic – 4 cloves*
- *Chopped fronds – 8 cups*
- *1 medium onion, halved and thinly sliced*
- *Ground pork – 2½ lb.*
- *Salt – 1½ tsp*
- *Chopped rosemary – 1 tbsp.*
- *Chopped oregano – 2 tsp*
- *Tomatoes – 28oz*

Directions: Take a greased sauce pan and put pork, pepper and salt.
Stir fry for 10 minutes.
Meanwhile take a cooking pot and add chopped onion and fennel to it and put some water.
Then boil it for 30 minutes.
Add other ingredients and boil for another 40 minutes in low heat.
Finally mix pork with the goulash and serve.

Nutrition: Calories: 248.5, Fat: 11.8g, Fiber: 3g, Sugar: 3.8g, Carbs: 8.7g, Protein: 20.1g

Lunch and Dinner

169.Cauliflower Pizza Crust

Preparation Time: 15 minutes **Cooking Time: 30 minutes**
Servings: 8

Ingredients:

- *1 1/2 lb. cauliflower, separated in florets*
- *1 egg*
- *1 1/2 cup reduced-fat Parmesan cheese*
- *1/2 tbsp. Italian seasoning*
- *1/2 tsp. garlic powder*

Directions: Heat oven to 400°F. Line a pizza pan with parchment paper.
Put the cauliflower in a food processor and mix until it resembles rice.
Cook the cauliflower in a skillet over medium heat, frequently stirring, until soft, about 10 minutes.
In a large bowl, whisk the egg, cheese, and seasonings.
Place the cauliflower in a clean kitchen towel and squeeze out any excess moisture. Stir into cheese mixture to form a soft dough, press with a spatula if needed.
Spread the dough on the prepared pan about 1/4-inch thick. Cook for 20 minutes, or until the top is dry and firm and edges are golden brown.
Let it cool for 5–10 minutes; the crust will firm up as it cools. Add desired toppings and bake for 5–10 minutes more. Slice and serve.

Nutrition: Calories: 157.9, Carbs: 9.8g, Protein: 12.3g, Fat: 8.7g, Sugar: 3.8g, Fiber: 4g

170.Fried Rice

Preparation Time: 5 minutes
Servings: 8

Cooking Time: 15 minutes

Ingredients:

- *2 cups sugar snap peas*
- *2 egg whites*
- *1 egg*
- *1 cup instant brown rice, cooked according to directions*
- *2 tbsp. lite soy sauce*

Directions: Add the peas to the cooked rice and mix to combine.
In a small skillet, scramble the egg and egg whites. Put the rice and peas to the skillet and stir in soy sauce. Cook, frequently stirring, about 2–3 minutes, or until heated. Serve.

Nutrition: Calories: 106.8, Carbs: 19.8g, Protein: 4.3g, Fat: 0.9g, Sugar: 0.8g, Fiber: 1g

171.Homemade Pasta

Preparation Time: 20 minutes
Servings: 8

Cooking Time: 5 minutes

Ingredients:

- *1 egg*
- *2 egg yolks*
- *1 3/4 cup soy flour*
- *1/4 cup ground wheat germ*
- *3–4 tbsp. cold water*
- *1 tsp. light olive oil*
- *1/2 tsp. salt*

Directions: In a large bowl, whisk egg, the egg yolks, oil, and 3 tbsp. of water until smooth.
In a separate bowl, combine wheat germ, flour, and salt. Stir into egg mixture until smooth. Use the last tbsp. of water if needed to make a smooth dough.
Turn out onto a lightly floured surface and knead for 5–8 minutes or until smooth. Close and let it rest for 10 minutes and then, divide the dough into 4 equal pieces and roll out, one at a time, as thin as possible, or run it through a pasta machine until it reaches the thinnest setting.
Let the dough dry out for 30 minutes. Cut into the desired size with a pasta machine or pizza cutter. If not used right away, let it dry overnight on a pasta or cooling rack. Fresh pasta should be used within 3 days.
After drying for just 1 hour, it will be stored in the freezer in an airtight bag for 6–8 months. Pasta dried overnight can be stored in an airtight container for up to 1 week.
To cook it when fresh, add to a pot of boiling water for 4–5 minutes or until tender. Drying the pasta will take a couple of minutes longer.

Nutrition: Calories: 151.8, Carbs: 11.7g, Protein: 16.3g, Fat: 4.8g, Sugar: 5.8g, Fiber: 3g

172.Kidney Bean Stew

Preparation Time: 10 minutes
Servings: 2

Cooking Time: 15 minutes
Appliance: Instant Pot

Ingredients:

- *1 lb. cooked kidney beans*
- *1 cup tomato passata*
- *1 cup low-sodium beef broth*
- *3 tbsp. Italian herbs*

Directions: Mix the ingredients in your instant pot.
Cook on STEW for 15 minutes. release the pressure naturally.

Nutrition: Calories: 269.8, Carbs: 15.8g, Sugar: 2.8g, Fat: 9.8g, Protein: 23.7g

173.Spicy Lemony Broccoli

Preparation Time: 10 minutes
Servings: 8

Cooking Time: 25 minutes

Ingredients:

- *2 large broccoli heads, cut into florets*
- *2 tbsp. extra virgin olive oil*
- *3 garlic cloves, minced*
- *1/4 tsp. salt*
- *1/4 tsp. ground black pepper*
- *2 tbsp. lemon juice, freshly squeezed*

Directions: Prepare the oven to 425ºF and line a large baking sheet with parchment paper.

In a large bowl, put the olive oil, broccoli, garlic, salt, and pepper. Toss well until the broccoli is coated completely. Put the broccoli to the prepared baking sheet and then, roast in the preheated oven for 25 minutes, flipping the broccoli halfway through, or until the broccoli is browned and fork-tender.
Remove from the oven to a plate and let cool for 5 minutes. Serve drizzled with lemon juice.

Nutrition: Calories: 32.8, Fat: 2g, Protein: 1.5g, Carbs: 2.9g, Fiber: 1.1g, Sugar: 1g

174.Garlic Veggie Broth Onion Bowl

Preparation Time: 10 minutes **Cooking Time: 20 minutes**
Servings: 2

Ingredients:

- *2 tbsp. extra-virgin olive oil*
- *1 onion, chopped*
- *1 red bell pepper, seeded and chopped*
- *2 garlic cloves, minced*
- *1 can (14 oz.) crushed tomatoes*
- *2 cups green beans (fresh or frozen; halved if fresh)*
- *3 cups low-sodium vegetable broth*
- *1 tbsp. Italian seasoning*
- *1/2 cup dried whole-wheat elbow macaroni*
- *Pinch red pepper flakes or to taste*
- *1/2 tsp. sea salt*

Directions: Preheat the olive oil in a large saucepan over medium-high heat until shimmering.
Sauté the onion and bell pepper for 3 minutes, stirring frequently, or until they start to soften.
Put the garlic and cook for 30 seconds until fragrant, stirring occasionally.
Stir in the tomatoes, green beans, vegetable broth, and Italian seasoning, and then bring the mixture to a boil.
Add the elbow macaroni, red pepper flakes, and salt. Continue to cook for 8 minutes, stirring occasionally, or until the macaroni is cooked. Remove from the heat to a large bowl and cool for 6 minutes before serving.

Nutrition: Calories: 201.9, Fat: 7g, Protein: 5.4g, Carbs: 28.7g, Fiber: 7.2g, Sugar: 28.7g

175.Citrusy Butter Yams

Preparation Time: 7 minutes **Cooking Time: 45 minutes**
Servings: 8 (1/2 cup each)

Ingredients:

- *2 medium jewel yams cut into 2-inch dices*
- *2 tbsp. unsalted butter*
- *1 large orange juice*
- *11/2 tsp. ground cinnamon*
- *1/4 tsp. ground ginger*
- *3/4 tsp. ground nutmeg*
- *1/8 tsp. ground cloves*

Directions: Prepare the oven to 350ºF.
Arrange the yam dices on a rimmed baking sheet in a single layer. Set them aside.
Add the butter, orange juice, cinnamon, ginger, nutmeg, and garlic cloves to a medium saucepan over medium-low heat. Cook for 4–5 minutes, stirring continuously, or until the sauce begins to thicken and bubble.
Spoon the sauce over the yams and toss to coat well.
Bake in the preheated oven for 40 minutes until tender.
Let the yams cool for 8 minutes on the baking sheet before removing and serving.

Nutrition: Calories: 128.7, Fat: 2.6g, Protein: 2.3g, Carbs: 24.3g, Fiber: 5g, Sugar: 2.4g

176.Parmesan Bean and Veggie Cups

Preparation Time: 10 minutes **Cooking Time: 5 minutes**
Servings: 4

Ingredients:

- *1 cup grated Parmesan cheese, divided*
- *1 can (15 oz.) low-sodium white beans, drained and rinsed*
- *1 cucumber, peeled and finely diced*
- *1/2 cup red onion, finely diced*
- *1/4 cup fresh basil, thinly sliced*
- *1 garlic clove, minced*
- *1/2 jalapeño pepper, diced*
- *1 tbsp. extra virgin olive oil*
- *1 tbsp. balsamic vinegar*
- *1/4 tsp. salt*
- *Freshly ground black pepper, to taste*

Directions: Heat a medium non-stick skillet over medium heat. Sprinkle 2 tbsp. of cheese in a thin circle in the center of the pan, flatten it with a spatula.
When the cheese melts, use a spatula to flip the cheese and lightly brown the other side.

Remove the cheese "pancake" from the pan and place it into the cup of a muffin tin, bending it gently with your hands to fit in the muffin cup.
Repeat with the remaining cheese until you have 8 cups.
Combine the beans, cucumber, onion, basil, garlic, jalapeño, olive oil, and vinegar in a mixing bowl, and season with salt and pepper. Fill each cup with the bean mixture just before serving.

Nutrition: Calories: 259.7, Fat: 11.8g, Protein: 15, Carbs: 23.6g, Fiber: 8g, Sugar: 3.2g

177.Coconut Quinoa

Preparation Time: 15 minutes
Cooking Time: 25 minutes
Servings: 4

Ingredients:

- *2 tsp. extra-virgin olive oil*
- *1 sweet onion, chopped*
- *1 tbsp. fresh ginger, grated*
- *2 tsp. garlic, minced*
- *1 cup low-sodium chicken broth*
- *1 cup coconut milk*
- *1 cup quinoa, well rinsed and drained*
- *Sea salt, to taste*
- *1/4 cup unsweetened coconut, shredded*

Directions: Preheat a large saucepan over medium-high heat and add the oil.
Sauté the onion, ginger, and garlic until softened, about 3 minutes.
Add the chicken broth, coconut milk, and quinoa.
Broil the mixture to a boil, then reduce the heat to low and cover. Simmer the quinoa, occasionally stirring, until the quinoa is tender and most of the liquid has been absorbed, about 20 minutes.
Season the quinoa with salt, and serve topped with coconut.

Nutrition: Calories: 354.8, Fat: 20.9g, Protein: 9.3g, Carbs: 34.8g, Fiber: 6.1g, Sugar: 3.8g

178. 3-Bean Chili

Preparation Time: 20 minutes
Cooking Time: 60 minutes
Servings: 8

Ingredients:

- *1 tsp. extra-virgin olive oil*
- *1 sweet onion, chopped*
- *1 red bell pepper, seeded and diced*
- *1 green bell pepper, seeded and diced*
- *2 tsp. garlic, minced*
- *1 can (28 oz.) can low-sodium diced tomatoes*
- *1 can (15 oz) can sodium-free black beans, rinsed and drained*
- *1 can (15 oz.) can sodium-free red kidney beans, rinsed and drained*
- *1 can (15 oz.) can sodium-free navy beans, rinsed and drained*
- *2 tbsp. chili powder*
- *2 tsp. ground cumin*
- *1 tsp. ground coriander*
- *1/4 tsp. red pepper flakes*

Directions: Prepare a large saucepan over medium-high heat and add the oil.
Sauté the onion, red and green bell peppers, and garlic until the vegetables have softened, about 5 minutes.
Add the tomatoes, black beans, red kidney beans, navy beans, chili powder, cumin, coriander, and red pepper flakes to the pan and then, bring the chili to a boil, then lower the heat.
Simmer the chili, occasionally stirring, for at least 1 hour. Serve hot.

Nutrition: Calories: 479.6, Fat: 27.9g, Protein: 15.4g, Carbs: 44.7g, Fiber: 16.9g, Sugar: 3.8g

179.Mushrooms with Tofu

Preparation Time: 5 minutes
Cooking Time: 15 minutes
Servings: 5

Ingredients:

- *Vegetable oil – 4 tbsp.*
- *Sliced mushrooms - 1lb*
- *1 Scallion bunch (chopped)*
- *Ginger (chopped) – 1 tbsp.*
- *Minced garlic - 1 clove*
- *Lightly toasted tofu – 8oz*
- *Soy sauce – 3 tbsp.*
- *1 Diced bell pepper*

Directions: Put 2 tbsp. of oil in to skillet in high heat. Include bell pepper, mushrooms and stir cook them for 5 minutes. Add scallions, garlic and ginger then cook for another 30 seconds. Place the vegetable in a bowl. Put the remaining oil in to the tofu pan. Cook until browned for 5 minutes. Mix with vegetables and soy sauce.
Mix for 1 minutes and turn off the heat and serve.

Nutrition: Calories: 170.8, Fat: 12.7g, Fiber: 2.4g, Sugar: 3.2g, Carbs: 8.2g, Protein 8.2g

180.Lemon Sprouts

Preparation Time: 10 minutes **Servings: 4**

Ingredients:

- *1 lb. Brussels sprouts, trimmed and shredded*
- *8 tbsp. olive oil*
- *1 lemon, juiced, and zested*
- *Salt and pepper to taste*
- *3/4 cup spicy almond and seed mix*

Directions: Take a bowl and blend in juice, salt, pepper, and vegetable oil; mix well.
Stir in shredded Brussels sprouts and toss. Let it sit for 10 minutes. Add nuts and toss.

Nutrition: Calories: 381.7, Fat: 35.8g, Carbs: 8.6g, Protein: 7.2g

181.Buttery Garlic Shrimp

Preparation Time: 10 minutes **Cooking Time: 15 minutes**
Servings: 4

Ingredients:

- *6 tbsp. butter*
- *1 lb. shrimp, cooked*
- *2 lemons, halved*
- *1/2 tsp. red pepper flakes*
- *4 garlic cloves, crushed*
- *Sea salt and black pepper to taste*

Directions: Prepare the oven to 425ºF, then place the butter in an 8-inch baking dish; the butter should melt.
Sprinkle your shrimp with salt and pepper, then slice your lemon halves into thin slices.
Add your shrimp, garlic, and butter to the baking dish. Sprinkle with red pepper flakes and cook for 15 minutes.
Stir halfway through, then squeeze the lemon wedges across the dish before serving.

Nutrition: Calories: 328.7, Protein: 32.4g, Fat: 19.7g, Carbs: 3.8g

182.Paprika Butter Shrimp

Preparation Time: 15 minutes **Cooking Time: 15 minutes**
Servings: 2

Ingredients:

- *1/4 tbsp. smoked paprika*
- *1/8 cup sour cream*
- *1/2 lb. shrimp*
- *1/8 cup butter*
- *Salt and black pepper, to taste*

Directions: Prepare the oven to 390ºF and grease a baking dish.
Mix all the ingredients in a large bowl and transfer them into the baking dish.
Put in the oven and cook for 15 minutes.
Place paprika shrimp in a dish and put it aside to chill for meal prepping. Divide it into 2 containers and cover them. Refrigerate for 1–2 days and reheat in microwave before serving.

Nutrition: Calories: 329.8, Carbs: 1.3g, Protein: 32.9g, Fat: 20.8g, Sugar: 0.2g

183.Garlic Chicken Balls

Preparation Time: 15 minutes **Cooking Time: 10 minutes**
Servings: 4

Ingredients:

- *2 cups ground chicken*
- *1 tsp. garlic, minced*
- *1 tsp. dill, dried*
- *1/3 carrot, grated*
- *1 egg, beaten*
- *1 tbsp. olive oil*
- *1/4 cup coconut flakes*
- *1/2 tsp. salt*

Directions: Mix the ground chicken, minced garlic, dried dill, carrot, egg, and salt in a bowl.
Stir the chicken mixture with the fingertips until homogeneous.
Then, make medium balls from the mixture.
Coat every chicken ball in coconut flakes. Heat vegetable oil in the skillet.
Add chicken balls and cook them for 3 minutes from all sides. The cooked chicken balls will have a golden brown color.

Nutrition: Calories: 199.7, Fat: 10.8g, Fiber: 0.6g, Carbs: 1.5g, Protein: 22.3g

184.Avocado Veggie Wrap

Preparation Time: 15 minutes

Servings: 1

Ingredients:

- *1 low-carb multigrain wrap*
- *¼ medium avocado, peeled and chopped*
- *¼ teaspoon fresh lime juice*
- *1 medium carrot, shredded*
- *¼ cup diced cucumber*
- *¼ cup diced red pepper*
- *1 tablespoon crumbled feta cheese*

Directions: Lay the wrap out on a flat surface or a plate.
Mash the avocado with the lime juice in a small bowl then spread over the wrap.
Add the carrot, cucumber, and red pepper down the middle of the wrap.
Sprinkle with feta cheese then fold in the sides.
Roll the wrap up around the fillings and slice in half to enjoy.

Nutrition: Calories: 224.7, Fat: 13.2g, Carbs: 24.5g, Protein: 9.8g, Sugar 5.2g, Fiber 12.4g

185.Meatballs Curry

Preparation Time: 20 minutes
Servings: 6

Cooking Time: 25 minutes

Ingredients:

For Meatballs:

- *1 pound lean ground chicken*
- *1 tablespoon onion paste*
- *1 teaspoon fresh ginger paste*
- *1 teaspoons garlic paste*
- *1 green chili, chopped finely*
- *1 tablespoon fresh cilantro leaves, chopped*
- *1 teaspoon ground coriander*
- *½ teaspoon cumin seeds*
- *½ teaspoon red chili powder*
- *½ teaspoon ground turmeric*
- *1/8 teaspoon salt*

For Curry:

- *3 tablespoons olive oil*
- *½ teaspoon cumin seeds*
- *1 (1-inch) cinnamon stick*
- *2 onions, chopped*
- *1 teaspoon fresh ginger, minced*
- *1 teaspoons garlic, minced*
- *4 tomatoes, chopped finely*
- *2 teaspoons ground coriander*
- *1 teaspoon garam masala powder*
- *½ teaspoon ground nutmeg*
- *½ teaspoon red chili powder*
- *½ teaspoon ground turmeric*
- *Salt, as required*
- *1 cup filtered water*
- *3 tablespoons fresh cilantro, chopped*

Directions: For meatballs: in a large bowl, add all ingredients and mix until well combined.
Make small equal-sized meatballs from mixture.
Preheat the oil over medium heat in a large deep skillet, and cook the meatballs for about 3-5 minutes or until browned from all sides. Transfer the meatballs into a bowl.
In the same skillet, add the cumin seeds and cinnamon stick and sauté for about 1 minute.
Add the onions and sauté for about 4-5 minutes.
Add the ginger and garlic paste and sauté for about 1 minute.
Add the tomato and spices and cook, crushing with the back of spoon for about 2-3 minutes.
Add the water and meatballs and bring to a boil and then, reduce the heat to low and simmer for about 10 minutes.
Serve hot with the garnishing of cilantro.

Nutrition: Calories: 195.7, Fat: 11.2g, Carbs: 7.2g, Sugar: 3.2g, Fiber: 2.1g, Protein: 16.9g

186.Turkey with Lentils

Preparation Time: 15 minutes
Servings: 7

Cooking Time: 51 minutes

Ingredients:

- *3 tablespoons olive oil, divided*
- *1 onion, chopped*
- *1 tablespoon fresh ginger, minced*
- *4 garlic cloves, minced*
- *3 plum tomatoes, chopped finely*
- *2 cups dried red lentils, soaked for 30 minutes and drained*
- *2 cups filtered water*
- *2 teaspoons cumin seeds*
- *½ teaspoon cayenne pepper*
- *1 pound lean ground turkey*
- *1 jalapeño pepper, seeded and chopped*
- *2 scallions, chopped*
- *¼ cup fresh cilantro, chopped*

Directions: Preheat 1 tablespoon of oil over medium heat in a Dutch oven and sauté the garlic, ginger and onion for about 5 minutes. Stir in tomatoes, lentils and water and bring to a boil and then, lower the heat to medium-low and simmer, covered for 30 minutes.
Meanwhile, in a skillet, heat remaining oil over medium heat and sauté the cumin seeds and cayenne pepper for about 1 minute.
Transfer the mixture into a small bowl and set aside.
In the same skillet, add turkey and cook for about 4-5 minutes.
Add the jalapeño and scallion and cook for about 4-5 minutes.
Add the spiced oil mixture and stir to combine well.
Transfer the turkey mixture in simmering lentils and simmer for about 10-15 minutes or until desired doneness.
Serve hot.

Nutrition: Calories: 360.7, Fat: 11.3g, Carbs: 36.5g, Sugar 3.1g, Fiber 18g, Protein 28.1g

187.Beef with Broccoli

Preparation Time: 10 minutes **Cooking Time: 14 minutes**
Servings: 4

Ingredients:
- *2 tablespoons olive oil, divided*
- *2 garlic cloves, minced*
- *1 pound beef sirloin steak, trimmed and sliced into thin strips*
- *¼ cup low-sodium chicken broth*
- *2 teaspoons fresh ginger, grated*
- *1 tablespoon ground flax seeds*
- *½ teaspoon red pepper flakes, crushed*
- *Salt and ground black pepper, as required*
- *1 large carrot, peeled and sliced thinly*
- *2 cups broccoli florets*
- *1 medium scallion, sliced thinly*

Directions: Preheat 1 tablespoon of oil over medium-high heat in a large skillet and sauté the garlic for about 1 minute. Add the beef and cook for about 4-5 minutes or until browned. With a slotted spoon, transfer the beef into a bowl. Remove the excess liquid from skillet. In a bowl, add the broth, ginger, flax seeds, red pepper flakes, salt and black pepper. Heat remaining oil over medium heat in the same skillet.
Add the carrot, broccoli and ginger mixture and cook for about 3-4 minutes or until desired doneness.
Stir in beef and scallion and cook for about 3-4 minutes.

Nutrition: Calories: 210.8, Fat: 14.5g, Carbs: 6.7g, Sugar: 1.5g, Fiber: 2.4g, Protein: 36.8g

188.Lamb Stew

Preparation Time: 15 minutes **Cooking Time: 2¼ hours**
Servings: 8

Ingredients:
- *1 teaspoon ground cumin*
- *1 teaspoon ground coriander*
- *½ teaspoon cayenne pepper*
- *½ teaspoon ground cinnamon*
- *2 tablespoons olive oil*
- *3 pounds lamb stew meat, trimmed and cubed*
- *Sea Salt and ground black pepper, as required*
- *1 onion, chopped*
- *2 garlic cloves, minced*
- *2¼ cups low-sodium chicken broth*
- *2 cups tomatoes, chopped finely*
- *1 medium head cauliflower, cut into 1-inch florets*

Directions: Preheat the oven to 300 degrees F.
Mix together spices and set aside in a small bowl.
Prepare the oil over medium heat in a large ovenproof pan and cook the lamb with a little salt and black pepper for about 10 minutes or until browned from all sides.
With a slotted spoon, transfer the lamb into a bowl.
In the same pan, put onion and sauté for about 3-4 minutes.
Add the garlic and spice mixture and sauté for about 1 minute.
Add the cooked lamb, broth and tomatoes and bring to a gentle boil and then, cover the pan and transfer into oven. Cook for about 1½ hours. Remove from oven and stir in cauliflower.
Cook for 30 minutes more or until cauliflower is done completely. Serve hot.

Nutrition: Calories: 374.5, Fat: 16g, Carbs: 5.2g, Sugar: 2.4g, Fiber: 1.8g, Protein: 49.8g

189.Carrot-Leek Bisque

Preparation Time: 35 minutes
Cooking Time: 6 hours 10 minutes
Servings: 12

Ingredients:

- *1 tablespoon canola oil*
- *1 tablespoon dry mustard*
- *7 cups chicken stock, unsalted*
- *1 lemon, 1 teaspoon lemon zest & 2 tablespoons fresh juice*
- *2 lbs. carrots, peeled, cut into 2 inch pieces*
- *½ teaspoon black pepper*
- *½ cup millet, uncooked*
- *1/3 cup whole milk*
- *2 leeks (white and light green parts only), cut into ¼ inch thick slices*
- *1 teaspoon kosher salt*
- *2 tablespoons fresh chives, chopped*

Directions: Preheat oil over medium heat in a skillet and then add mustard. Allow the mustard to cook as you stir constantly for about 15 seconds, and then add leeks into the skillet along with salt and ¼ teaspoon pepper. Allow to cook as you stir often for about 3-4 minutes until the leek has slightly softened.
When done, transfer leek mixture to a slow cooker, and then add stock along with carrots and millet.
Cover the slow cooker and cook on high for about 6 hours, until the carrots have become very tender. Then allow the soup to cool for 10 minutes.
Add Puree the soup with a blender. When through, ladle the prepared bisque into bowls and then sprinkle with chopped chives.

Nutrition: Calories: 109.7, Fat: 1.9g, Carbs: 17.6g, Protein: 5.3g

Measurement Conversion Table

VOLUME EQUIVALENTS(DRY)

1/8 teaspoon	0.5 mL
1/4 teaspoon	1 mL
1/2 teaspoon	2 mL
3/4 teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
1/4 cup	59 mL
1/2 cup	118 mL
3/4 cup	177 mL
1 cup	235 mL
2 cups	475 mL
3 cups	700 mL
4 cups	1 L

WEIGHT EQUIVALENTS

1 ounce	28 g
2 ounces	57 g
5 ounces	142 g
10 ounces	284 g
15 ounces	425 g
16 ounces (1 pound)	455 g
1.5 pounds	680 g
2 pounds	907 g

VOLUME EQUIVALENTS(LIQUID)

2 tablespoons	1 fl.oz.	30 mL
1/4 cup	2 fl.oz.	60 mL
1/2 cup	4 fl.oz.	120 mL
1 cup	8 fl.oz.	240 mL
1 1/2 cup	12 fl.oz.	355 mL
2 cups or 1 pint	16 fl.oz.	475 mL
4 cups or 1 quart	32 fl.oz.	1 L
1 gallon	128 fl.oz.	4 L

TEMPERATURES EQUIVALENTS

225 °F	107 °C
250 °F	120 °C
275 °F	135 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	205 °C
425 °F	220 °C
450 °F	235 °C
475 °F	245 °C
500 °F	260 °C

Index

3-Bean Chili 85
Alfredo Broccoli Miracle Noodles 67
Almond and Berry Smoothie 27
Almond Flour Crackers 45
Antipasto Skewers 35
Apple and Cranberry Salad 67
Apple Cheddar Muffins 25
Apple Cinnamon Scones 25
Apple Oat Muffins 41
Apple Topped French Toast 25
Artichoke Frittata 38
Asian Beef Stir-Fry 61
Avocado Spread 37
Avocado Veggie Wrap 87
Bacon and Chicken Garlic Wrap 34
Baked Beef Wonton 35
Baked Boneless Pork Chops in Tomato Sauce 72
Baked Coconut Chicken Tenders 52
Baked Eggplant Parmesan 69
Baked Rosemary Artichokes 36
Balsamic and Garlic Chicken Thighs 54
Balsamic Roast Chicken 56
Banana Nut Cookies 45
Beef and Red Wine Casserole 60
Beef and Spaghetti Squash Casserole 62
Beef Roast with Green Peppercorn Sauce 63
Beef Stew for Diabetics 61
Beef with Broccoli 88
Berry-Oat Breakfast Bars 28
Blackberry Pulled Pork Shoulder 72
Blueberry Cinnamon Muffins 26
Blueberry Spelt Pancakes 24
Blueberry Stuffed French Toast 26
Bone Broth 55
Braised Fennel 69
Breakfast Diabetic Pancakes 28
Broccoli and Cauliflower Salad 67
Broiled Teriyaki Salmon 77
Brown Rice Pilaf 33
Bruschetta 45
Buffalo Bites 46
Buttery Garlic Shrimp 86
Buttery Pot Roast 73
Cabbage Mixed Mushroom Soup 80
Cantaloupe and Prosciutto Salad 66
Caprese Quiche 31
Caprese Skewers 44
Caramel Popcorn 43
Carrot-Leek Bisque 89
Cauliflower Hash 26
Cauliflower Hummus 46
Cauliflower Pizza Crust 82
Cauliflower Potato Mash 45
Cheese Berry Fat Bomb 43
Cheese Casserole 36
Cheesy Beef and Broccoli 62
Cheesy Beef Taco Skillet 61
Cheesy Cauliflower Steaks 69
Cheesy Onion Dip 46
Cheesy Veg Omelet Topped with Avocado 31
Chewy Granola Bars 47
Chicken and Veggie Kabobs 51
Chicken Guacamole Salad 66
Chicken Salad for Diabetics 48
Chicken Sausage Omelets With Spinach 53
Chicken Tenders and Vegetables 49
Chicken Wings Chinese Style 55
Chili Oregano Baked Cheese 38
Chipotle Lettuce Chicken 54
Chocolate Pudding 32
Cinnamon Apple Chips 47
Cinnamon Overnight Oats 30
Cinnamon Spiced Popcorn 41
Cinnamon Toasted Almonds 42
Citrus Chicken Thighs 52
Citrusy Butter Yams 84
Coconut Porridge 27
Coconut Quinoa 85
Crab Frittata 77
Cranberry Cake 27
Creamy Fruit Dessert 33
Creamy Garlic Chicken 55

Crispy Russet Potatoes 68
Cucumber Rolls 35
Cucumber with Yogurt 27
Eel on Eggs and Bread 23
Egg Muffins and Turkey Bacon 25
Eggs With Bacon 24
Filet Mignon with Herb Garlic Butter 62
Fish Soup 76
Fried Rice 83
Garden Salad Wraps 40
Garlic and Cheese Potatoes 40
Garlic Asparagus 36
Garlic Chicken Balls 86
Garlic Veggie Broth Onion Bowl 84
Garlic-Sesame Pumpkin Seeds 39
Granola with Fruits 22
Greek Burger Pies 60
Grilled Chicken Breasts 51
Grilled Lime Chicken 51
Grilled Tuna Steaks 78
Guacamole Turkey Burgers 44
Ham and Cheese English Muffin Melt 30
Herbed Chicken and Artichoke Hearts 52
Herbed Roasted Chicken Breasts 50
Herbed Roasted Cod 76
Homemade Pasta 83
Hummus and Tomatoes Cucumber Bites 36
Kidney Bean Stew 83
Lamb Chops with Veggies 58
Lamb Kebabs with Verdant Sauce 59
Lamb Provençal 59
Lamb Stew 88
Leeks and Eggs Muffins 38
Lemon Sprouts 86
Lettuce Turkey Wrap 44
Macadamia Chocolate Smoothie 29
Margarita Chicken Dip 57
Marinated Shrimp 39
Mashed Cauliflower 44
Meatballs Curry 87
Mixed Berry Dutch Pancake 22
Mixed Green Soup 80
Mushroom and Black Bean Burrito 34
Mushroom Mixed Bean Stock 80
Mushroom Rice with Hazelnut 70
Mushrooms with Tofu 85
Mustard Cauliflower Salad 67
Nut Porridge 30
Oatmeal Butterscotch Cookies 39
Omelet With Onions and Tomatoes 23
One-Pan Tex Mex 56
Orange Chicken 50
Paprika Butter Shrimp 86
Parmesan Bean and Veggie Cups 84
Parmesan Crisps 43
Parsley Soufflé 30
Peach Muesli Bake 29
Peanut Butter Banana Ice Cream 41
Peppers and Hummus 41
Pizzaiola Beef 63
Pork Carnitas 74
Pork Chop Casserole 71
Pork Diane 74
Pork With Cranberry Relish 72
Pulled Pork 73
Pumpkin and Banana Ice Cream 43
Pumpkin Spice Snack Balls 42
Pumpkin, Bean, and Chicken Enchiladas 53
Quinoa and Meatball Pottage 80
Quinoa Porridge 24
Risotto Bites 40
Roasted Butternut Squash and Brussels Sprouts 37
Roasted Tomato and Bell Pepper Soup 79
Roasted Vegetable and Chicken Tortillas 53
Sausage Strata 50
Seafood and Tomato Stew 77
Seafood Stew 75
Shredded Turkey 57
Shrimp Ceviche 76
Shrimp with Paprika and Coriander 38
Spaghetti Pie 59
Spicy Lemony Broccoli 83
Spicy Pork Bone Goulash 81
Spinach and Cheese Quiche 29
Spinach Cheese Stuffed Mushrooms 68
Spinach Scramble 65
Steak and Broccoli Bowls 64
Strawberry Cream Pie 32
Stuffed Tomatoes 37

Sweet Potato, Carrot and Asparagus Salad 66
Sweet-Sour Pork 73
Tamari Toasted Almonds 40
Texas Caviar 70
Tilapia and Herb Sauce 75
Tuna Salad 37
Turkey Kabob Pitas 54
Turkey Meatballs 56
Turkey with Lentils 87
Turkey-Broccoli Casserole 49
Turkish Marinated Chicken 49
Vegetable Chili 65
Whole-Grain Baby Pancake 29
Whole-Grain Pancakes 28
Whole-Wheat Pumpkin Muffins 42
Yogurt With Granola and Persimmon 24
Zoodles Carbonara 74
Zucchini Noodles and Creamy Avocado Pesto 23

Made in the USA
Middletown, DE
27 December 2022

C0-DYB-678

ISBN 9798360151586